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Revue Canadienne d'Economie Familiale

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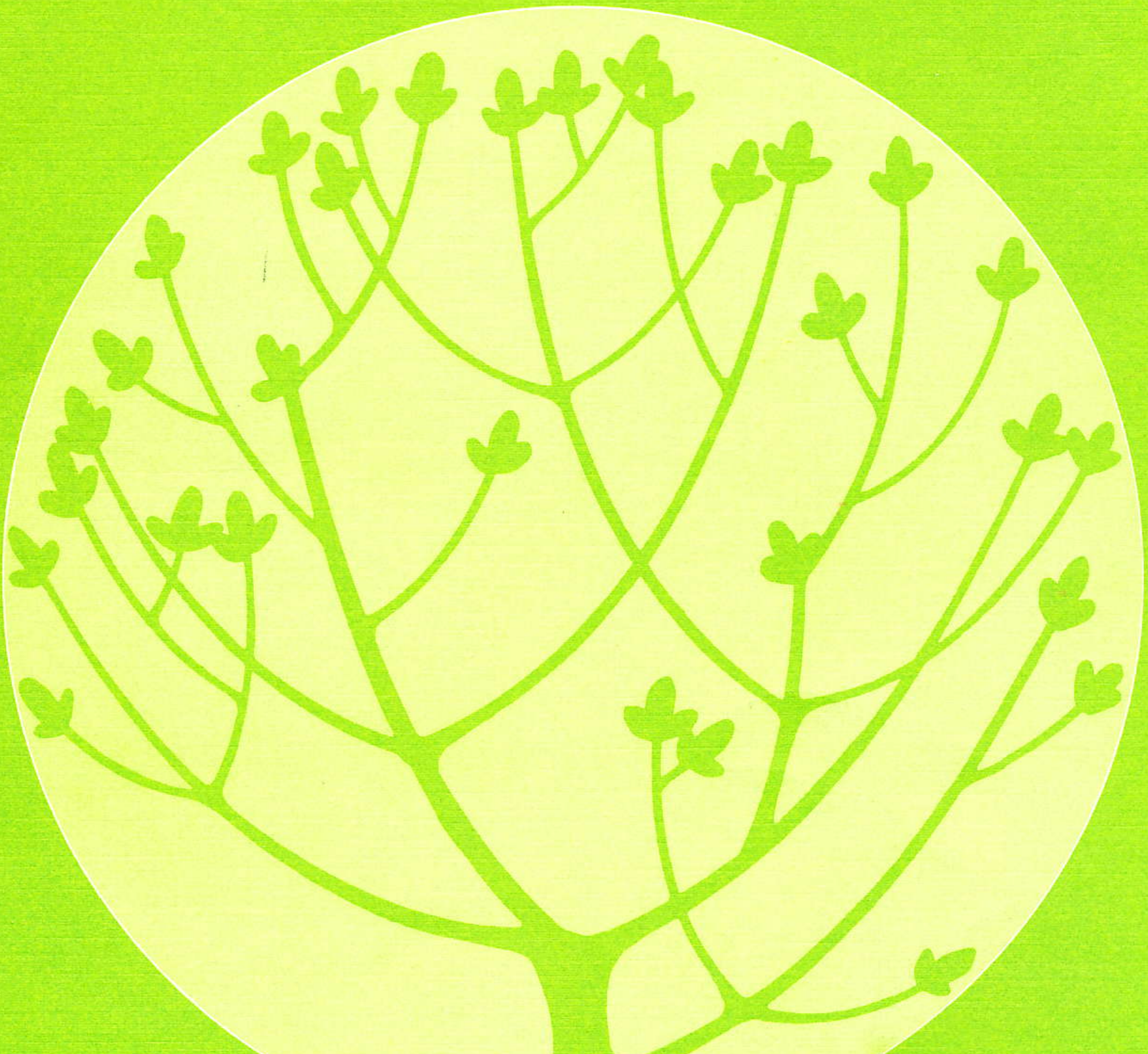

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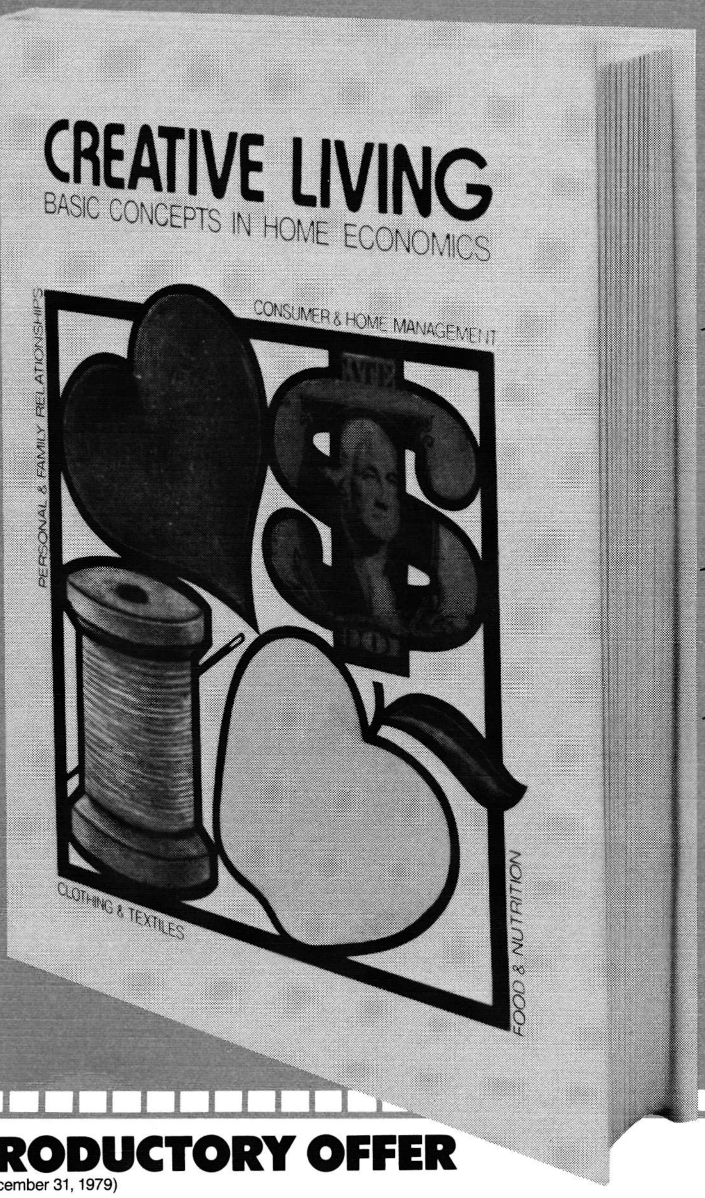
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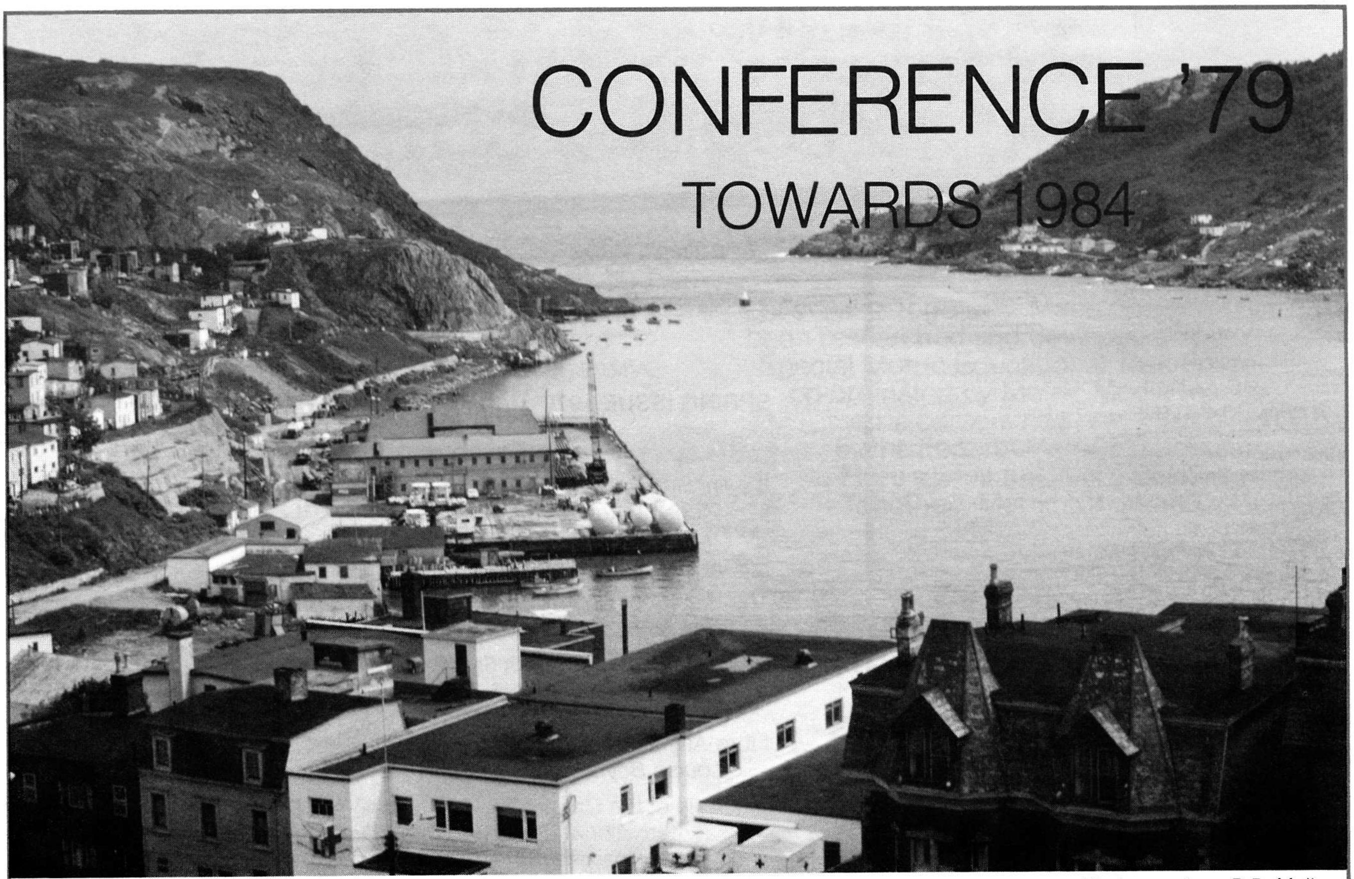

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For more details see Page 106

It's Thrilling to be a Home Economist in 1979

Guest Editor
Edith C. Simpson
Dean Emeritus
College of Home Economics
University of Saskatchewan

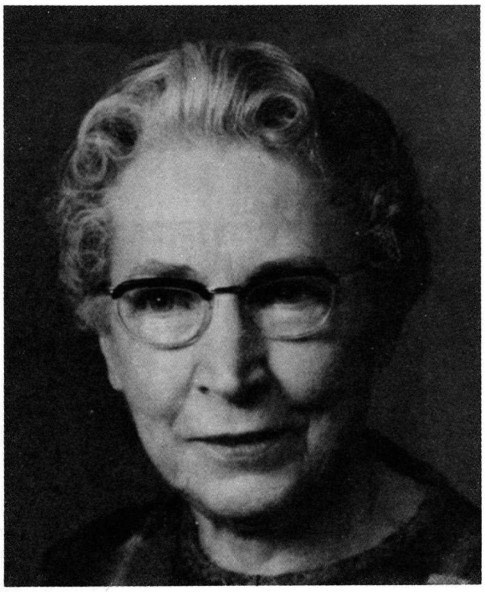
Forty years a member of CHEA! Those who can claim this distinction are our leaders in the home economics profession. Those of us who joined the Association later than 1939 can read with pride the *Canadian Home Economics Journal* of our professional activities and development.

The Journal, first published in November 1950, owes its existence to the dedication of volunteer editors, business managers and contributors. In the twenty-fifth anniversary issue of the CHE Journal, an article by Mary Hiltz entitled "The Development of the CHE Journal" appeared. In that article were listed the first six editors. Since June 1964 we have had as editors: Donna Baxter, Sept. 1965-June 1967; Kay Watson, Sept. 1967; Margaret Smith, Oct. 1968-July 1969; Jane Simms, Oct. 1969-Oct. 1970; Margaret Smith, Oct. 1970-Oct. 1976; Margaret Smith and Jane Hope, Jan. 1977-July 1977; Edith Down and Betty Mullen, Oct. 1977- . To all of these women we owe a debt of gratitude which we recognize in this fortieth anniversary issue and we thank them for their contribution of talents and time.

The themes for the 1979 journals will focus on the Child. Since an up-to-date education in home economics includes a study of family relationships with a special understanding of the child, home economists should be able to provide specialized help in such matters as "mothering," a modern-day need which arises out of the problem of children having children, and also the lack, in many cases, of the extended family which means no grandparents, and perhaps even no parents at hand to help young parents.

Topics dealing with children will make up the program of the CHEA annual conference which is being held in St. John's, Newfoundland, July 3 to 6th, 1979. Pre and post-conference seminars will be offered depending upon registration, and these seminars may include such topics as "Historic Architecture and Restoration", "Newfoundland Crafts", and "Home Economics in Remote Areas". What an exciting prospect — to meet old friends and make new ones while visiting in Newfoundland, that part of Canada which is familiar to most of us only through television as we watch "Ryan's Fancy" and fall in love with the bearded seamen singing "All Around the Circle".

Travel and salaries being what they are today, Newfoundland is as accessible in 1979 as Winnipeg was for the Founder's Meeting in 1939. People came to that first national conference from Vancouver, Edmonton, Calgary, Toronto, Ottawa, Montreal, St. John, N.B., Halifax, and many places in between. They paid their own way and undertook the development of a Canadawide organization.



Since that historic gathering, when the first constitution was adopted, many have been the achievements of our Association. Today we proudly mention our national office and staff, our executive director, our journal, our annual conferences and our very active and committed membership. These, and all the other achievements of CHEA result from the voluntary contributions of past and present members.

This issue of our journal includes messages from our past presidents from the time of our silver anniversary in 1964 to the present, as well as many other items of historic interest. Since writing the president's message for Volume I Number I of the CHEA Journal, I have read with keenest interest succeeding issues and thank the editorial board for inviting me to be the guest editor for this issue.

As one reviews the past forty years one cannot help but notice that the home economists who have been or are leaders have been active in professional organizations at local, provincial, national and international levels. This historic year, 1979, is a thrilling time to be a home economist for our special knowledge and expertise are needed by so many people in so many ways. I look forward with excitement to meeting former colleagues and students and friends new and old at the Conference in Newfoundland this summer.

FOCUS ON

THE RELATING CHILD

Humanity shows itself in all its intellectual splendour during the tender age as the sun shows itself at the dawn, and the flower in the fresh unfolding of its petals.

Maria Montessori

Photo Courtesy of the Queen's Printer —

One third of the year 1979 has passed. Let us, as home economists, individually and/or collectively ask ourselves if we are contributing to the International Year of the Child. At the individual or group level, at the local, national or international level are we accomplishing one single purpose or fulfilling one need for our most precious resource — our children?

The History of Childhood

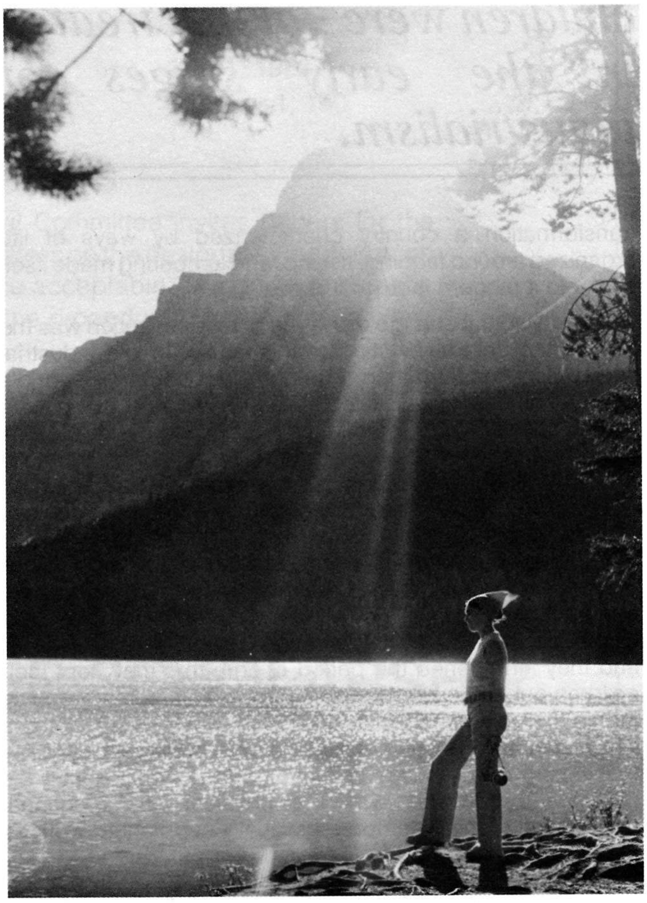
Some Notes on the Canadian Experience

*Neil Sutherland, Ph.D.**
Department of Educational Foundations
University of British Columbia

Most people seem to "know" two things about the lives of children in past time. One of their notions is partly true, the other is mostly false. On the one hand, many of us have heard or read horror stories about the fate of youthful chimney sweeps, or about the lives of boys and girls who worked long, dangerous hours in coal mines or "dark Satanic mills." We therefore tend, inaccurately but not surprisingly, to believe that children were most harshly, most cruelly treated in the early stages of industrialism. We are less familiar with some common household practices of earlier times such as those which "swaddled" or bound children up tightly for the first year or two of their lives, or cured bedwetting by forcing youngsters to drink their own urine. We are not generally aware that, before the industrial revolution, most parents had to impose enormous loads of work on their generally tired and undernourished children almost as soon as their infancy was over; that, in fact, for most people throughout history, their childhoods were as harsh and grim as the other stages of their lives.

On the other hand also, we have almost the memory of boys and girls growing up in the shelter of a large, happy, and extended Victorian family. We can nearly visualize these well-mannered youngsters as they rose early, did their chores, walked to a well-disciplined school that did a good job of teaching the three R's, played healthy, outdoor games after school, had supper, did their homework and evening chores, said family prayers, and went early to bed. We can also just about remember the household in which these children lived. It held a grandparent or two, and perhaps an unmarried aunt, it was ruled by a firm but loving father, and it was bound together by a mother who devoted herself to her children, her husband, her house, and occasional "good works." In fact, of course, only a tiny minority of Victorian families lived in this way; probably more children grow up in such a manner now than did then.

That we can elaborate on one of these notions and dispose of the other is a product of the research that historians have recently conducted into the history of childhood and of the family. These growing branches of social history are rapidly replacing mythic pasts with real ones. What follows, however, is not a survey of this recent research. I will not look at the work of those who are trying to apply the concepts and discoveries of modern psychology in an effort to understand the lives of children in the past. I will not touch on the efforts of those who have tried to chart the changes that have taken place in child-rearing theories and practices since the seventeenth century. I will ignore the growing body of literature that examines the extremely complex efforts made over the last century or so to care for neglected, dependent, and delinquent boys and girls. Instead, I shall briefly summarize some of my own research on English-speaking Canada as a case study of the formation of modern social policy towards children.



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This history falls naturally into two halves. We are, perhaps, more familiar with some of the events that took place in the second part of this story than we are with those of the

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first. In the half century from the 1920's to the present, certain English-Canadians — mostly from the middle classes — worked hard to bring to bear on all children in their midst notions about child-rearing and child care and that had become their "conventional wisdom" on these matters as early as the end of the first World War. These new ideas — which I call "the twentieth century consensus" — were a product of a force that historians have come to call "modernization." Canada entered on this historical phase in the last third of the nineteenth century and, between the 1870's and the 1920's, moved through it at an ever-accelerating pace. Over these years of national transformation a country characterized by ways of life organized around farming, fishing, and lumbering made itself over into a modern industrial state.

We tend to believe that children were harshly treated in the early stages of industrialism.

A key social change of the era of modernization was the shift in the central function of the family. In pre-industrial society families labouring together did most of the world's work. All other social tasks of the family — child-rearing, "the mutual society, help and comfort" of husband and wife, the care of the sick and the aged, and so on — had to be fitted in and around the central task of the whole family labouring on farm or in family workshop. The growth of cities and industries quickly changed the rhythms of the old life. The home ceases to be the place of work. A rising standard of living permitted families to devote more of their incomes to improving the quality of their lives. They withdrew mothers from the paid workforce, they moved to better houses, they ate better food, and they lengthened the period of time that they kept their children out of the workforce. In turn, with fathers now away for the then-customary sixty-hour work-week, those mothers who stayed at home had to assume most of the responsibility for raising the youngsters over the longer period of dependency. In this way the physical and emotional sustenance of their members gradually supplanted work as the prime social function of families.

In the context of both the transformation of the nation and these changes in the family, many English-Canadians in the late nineteenth century began to see their era as a period of both crisis and an opportunity for social betterment. They made improved child-rearing and child care into public as well as family concerns. Committed to improving society through the more effective upbringing of all children, they believed that they could free Canada from many of the age-old problems of humanity. Over the course of a generation they created a new set of social policies and programs for children — the twentieth century consensus — that they designed to improve the rearing of children by their families, to maintain and protect their health, to prevent them from becoming burdens on society, and to transform the means and methods of their schooling and education.

These Canadians tried first of all to bolster families who were already doing a reasonable job of raising their youngsters. In their public health work they tried to increase the life chances of all children. To do this they established two special health services to bring the benefits of recent medical discoveries to infants and to school children. They strove for an educational system which, in addition to teaching the traditional three R's, would also prepare girls to be better housekeepers and mothers, and boys to be sober, honest, well-trained, and industrious breadwinners and fathers. They made strenuous efforts to improve the physical and social environment of homes and schools by eliminating the neighbourhood saloon and poolhall, strictly regulating music hall and, later, motion picture performances, and censoring books and magazines. They campaigned against cigarette smoking and for a 'closed' Sunday. They put children's sections in their public libraries and children's 'corners' in their newspapers and magazines. They set aside and began to supervise playing fields and parks. They supported many new organizations for boys, girls, and young people.

Some Canadians also tried to help children and families whom they saw as special problems. So that reluctant families and young people would take advantage of the school system, they pressed for regulation of child labour, compulsory school attendance, and appointment of truant officers. To prevent families breaking up on the death or serious illness or injury of the father, they campaigned for workmen's compensation and mothers' pensions. Through Factory Acts and anti-sweating legislation they tried to protect the health of working-class mothers. They established a few day nurseries for the children of single-parent families and those in which both parents had to work. At some schools they began to provide milk or hot lunches. They established 'fresh air' funds to take poor children and their parents out of their environment once a year. They attempted to improve the housing of the poor. To give greater protection to the children of divorced or separated parents, they tried to change the principle governing the custody of minors to one based on the welfare of the child. They tried to sort out and confine in institutions those children whose congenital weaknesses, if passed on, threatened to 'level down' the race.

The Victorian child was ruled by a firm but loving father and a mother, devoted to her children, her husband, her house and – occasional good works.

English-Canadian society also changed the ways in which it tried to salvage youngsters who families would not or could not rear them. Canadians gradually ended the grim practice of 'baby-farming.' They began adoption services to place illegitimate babies in family homes rather than in foundling institutions and legitimized children whose parents subsequently married. They shifted the care of vagrant, orphaned, neglected, dependent, 'incorrigible,' and delinquent children from institutions to families.

This enormous program was not brought to fruition overnight. However, as I suggested earlier, by the 1920's the new notions had been put together into a coherent and widely-agreed upon set of social goals. Further, in each general area of reform, laymen and professionals had demonstrated how most of the new ideas could be put into practice. In many cases as well they had forced governments to assume some of the responsibility for spreading the benefits of the new practices to all who needed them. More and more parents showed an interest in modern methods of rearing their youngsters and some of them had even tried them. The public health movement had undoubtedly improved the health of school-aged boys and girls and was beginning to have some effect on the more stubborn problems of infant mortality. More dubiously, it had also created a public issue out of some very suspect theories about mental hygiene. Children's aid societies and juvenile courts tried to use family rather than institutional care to help distressed boys and girls and to divert from their paths those who they feared might be forced into lives of pauperism, drunkenness, and crime.

A key social change of the era of modernization was the shift in the central function of the family.

It is interesting to note that, in the implementation of the new consensus on childhood, a transformed school was to play the most important role after that of the family itself. Like their counterparts who worked to improve child health and child welfare, educational reformers had put together a program which, they believed, came to grips with the problems posed for children and young people by a society that had changed in so many fundamental ways. They had initiated and given strong early support to efforts to reduce "formalism," to make learning both more active and more interesting to pupils, first in elementary and then in secondary schools, that were to become so central a characteristic of educational change in Canada over the twientieth century. They had helped to bring about a significant and permanent broadening of the curriculum. Although the term "manual training" has now almost disappeared, its legacy of hand and practical work of various kinds remain — from the craft activities in kindergartens to the projects of elementary social studies classes to the many shops of secondary schools — an important and sometimes central dimension of modern Canadian education. Nature study and school gardening introduced what is now general science to elementary and junior secondary pupils and firmly embedded scientific study in curriculum. Domestic science became home economics and, in its food and textile laboratories, and in its child and family study courses, helps adolescents of both sexes to rise to many of the challenges and to cope with some of the stresses of modern life. Physical education gradually grew out of its early obsessions with calisthenics and later on with elitiist inter-school competition into a subject that tries to fulfil in a modern and sometimes joyful way its early proponents' notions of *mens sana in corpore sano.*

The public health movement had undoubtedly improved the health of school-aged boys and girls and it was beginning to have a positive effect on the infant mortality problem.

This historical record — which I have so lightly sketched in — prompts me to make a couple of fairly obvious comments on the present condition of children in our society. On the one hand, we must be very suspicious of the pervasive rhetoric of recent years that sees change — and often change and decay — as the central characteristics of child care in our era. Much of the work of the so-called helping professions is done in a context that lays out the prevailing situation in a field as a crisis and organizes the response to it in the form of a crusade. Shout follows upon shout: "Canadian children can no longer read or write"; "we must march back to the basics"; "juvenile crime is getting completely out of hand"; "bring back the birch and the Borstal." Such presentist discussion sloughs off the really remarkable changes that have occurred in child care at home, in schools, and even in "total" institutions. By and large, most children today are treated in a more humane and "civilized" way than were their predesessors in the nineteenth century. Through the use of less violent and more effective "parenting" skills, and by improving physical and social conditions we have been more successful in child-rearing than previous generations. We have brought up "nicer" children who are generally better educated and better trained than those who preceded them. We have even brought about a real decline in the over-all incidence of serious juvenile misbehavior and delinquency.

Home Economics helps adolescents to cope with some of the stresses of modern life.

On the other hand, to see the continuities in social concerns, and the improvements in the treatment of children that have come from a century of modernization provide us with no grounds for complacency. As we know from our observation of their offspring, some adults are obviously indifferent or poor parents. The testimony of inner-city teachers and family case workers continues to affirm that for many youngsters life may be as harsh as it was for many a century ago. It is, for example, undoubtedly harder now for boys or girls to escape from whatever part of the system that imprisons them. Nonetheless, if the historical experience makes us skeptical of any one-shot or simple solution to these or any other problems of childhood, it also shows that significant change is possible, and perhaps suggests ways in which we might proceed. We all know that there is plenty for us to do.

A Note for Further Reading

A number of books provide interesting starting points for those who wish to read further in the history of childhood. Although earlier historians had dealt with the topics, one can fairly describe Philippe Ariès as the modern father of both the history of childhood and the history of the family. His difficult but rewarding *Centuries of Childhood: A Social History of Family Life* (New York: Knopf, 1962) — read the conclusion first, then the conclusion to each section, and only then the text itself — easily deserves the accolade "seminal text." Mary Cable has written an easily-read and popular introduction to her topic in *The Little Darlings: A History of Child Rearing in America* (New York: Scribner's, 1975). Readers will find her bibliography a useful listing of much of the recent literature in the field. In two fact and anecdote-filled volumes Ivy Pinchbeck and Margaret Hewitt's *Children in English Society* (Toronto: University of Toronto Press, 1968 and 1973) survey and analyse the development of English social policy towards youngsters. In *Children in English-Canadian Society: Framing the Twentieth Century Consensus* (Toronto: University of Toronto Press, 1976 and 1978), I show how modern social policies and programs directed at children were created in this country. While in many ways it is an outrageous book, *The History of Childhood,* edited by Lloyd de Mause (New York: Psycho-history Press, 1974), provides a highly controversial theoretical framework and many exciting anecdotes, illustrations, examples, and so on, that can do much to enliven sessions with one's classes. ■

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Children in Single Parent Families

Can The Home Economist Help?

Judy Mudry
Gladys Reichert
Tracie Rubenok
*Alice Stecyk**

ABSTRACT

The creation of single-parent families is constantly rising in Canada, and particularly in Alberta, where the incidence of divorce has increased sharply. After parental breakup the child(ren) are faced with adjustment to a new family system and this frequently presents difficulties for all involved. Although many new one-parent families are able to adapt, there are many single-parent families that require the assistance of a variety of social service agencies: medical clinics, community health units. The psychology profession and the legal system as well as the helping profession of Home Economics are also helpful.

ABSTRAIRE

Le nombre de foyers uni-familiaux s'accroit au Canada et surtout en Alberta ou l'incidence du divorce a beaucoup augmenté. Après la séparation des parents l'enfant doit s'ajuster à une nouvelle vie familiale. Des difficultés se présentent. Malgrès que plusieurs de ces foyers uni-familiaux peuvent s'adapter, il y a plusieurs de ces unités qui requièrent l'aide de divers services sociaux: cliniques médicales et centres de santé. Des soins psychologiques, le recours à une expertise légale ainsi que les conseils en économie familiale peuvent aussi rendre service.

INTRODUCTION

The inauguration of the International Year of the Child provided the inspiration for a student research project about children in single-parent families. This project was completed as part of course work for an innovative University of Alberta course dealing with perspectives in the field of home economics.

The main objective of the project was to determine positive and negative effects on children after the creation of a single-parent family. After an initial survey of the various types of single-parent families, the decision was made to focus on families created by divorce and how children and the custodial parent deal with a child's sex-role identification, emotional adjustments and custody conflicts.

The second objective was to survey and review the types of services offered to single parents and their children by examining educational and treatment teams, in Edmonton, Alberta.

In conclusion, the final objective was to ascertain the role of the home economist, as a unique helping professional, and how he or she would be involved with the service teams that currently assist the single parent and his/her children.

The authors of the paper are students in the Faculty of Home Economics at the University of Alberta. The paper is an edited version of the partial requirements for Home Economics 300: Perspectives in Home Economics. Ms. Pat Brogdon and Dr. Dianne Kieren served as advisers.

Single-Parent Families in Canada and Alberta

The single-parent family is a system that is steadily increasing in Canada as indicated in Table 1.

TABLE 1

Families By Family Structure and Family Type for Canada and Alberta 1966 and 1976

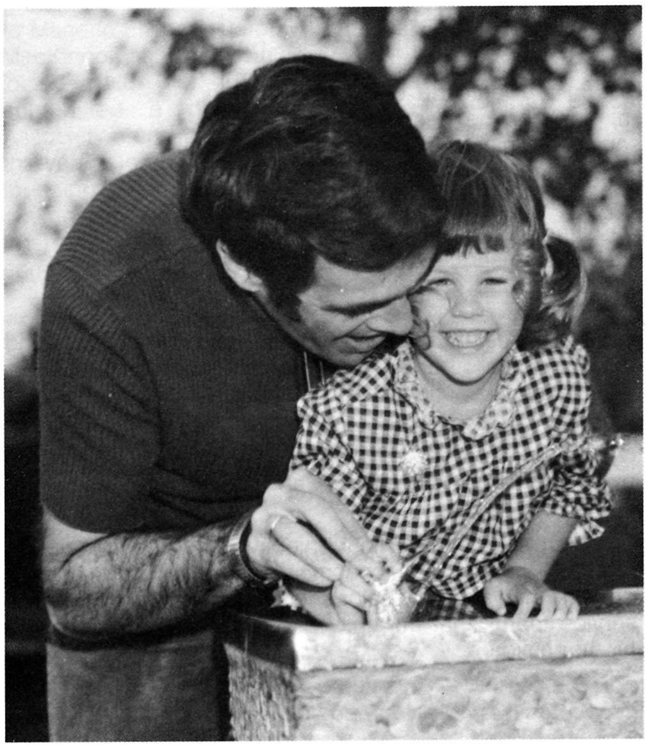
	Canada		Alberta	
	1966	1976	**1966	1976
Total Families	4,526,266	5,727,895		448,765
One-Parent families	371,885	559,335		41,195
Male Parent	71,502	94,990		6,640
Female Parent	300,383	464,345		34,555

(Adapted from Dominion Bureau of Statistics, 1966 and Perspectives Canada II, 1977)

Furthermore, Alberta has been noted to have the highest divorce rate per 100,000 population (Statistics Canada, 1976). Although there is no one exclusive type of single-parent family, researcher Doris Guyant, writing in a 1971 Vanier Institute of the Family publication, found that in her sample, separation and divorce were by far the leading causes of the formation of a single-parent family system in Canada (Guyant, 1971, p. 88).

Children are important members of single/parent families and are affected by the quality and quantity of interaction in that unit just as they are in any family unit.

(**Statistics for 1966 in Alberta not available)



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As Table 2 indicates, the mean number of children per single-parent family in Canada is 1.8 and the average number of children per single-parent family in Alberta is 1.9. The total number of single-parent families in Alberta are 41,200 and total number of children in those single-parent families is 78,605. (Bureau of Statistics, Government of Alberta, 1976 data). Looking specifically at Edmonton, Table 3 illustrates that there are more one-parent children in families created by divorce than in the other types.

TABLE 2

Comparison of One-Parent Families Involving Average Number of Children per Family

	Canada (1971)	Alberta (1971)	Alberta (1976)
Average number of children in one/parent family	1.8	1.9	1.9

(Adapted from Statistics Canada, 1971 and Bureau of Statistics, Government of Alberta, 1976 data)

Because of their dependent status, concern has been expressed by many people that the effects on children living in these families may be more negative than positive. One might suggest that the positive and negative impacts on children resulting from membership in any one of these types of single-parent families is dependent on many factors: the available monetary resources, psychological and emotional support, the availability of enrichment and educational services, resolution of partial loss of relationship of non-custodial parent, sex-role identification and development, emotional effects and custody conflicts. Because services were generally provided for the negative effects, it was decided that focus be placed on adjustment after parental breakup and the major impacts on children: emotional problems, sex-role identification, and custodial conflicts.

Emotional Impact

Parental breakup leads to emotional and adjustment problems before, during and after the divorce. Prior to divorce, a child often carries the burden of trying to hold the parents together and if that fails, the child(ren) may become sad, silent, hostile, aggressive or feel guilt and a sense of blame (Stuart, 1977). Depending on the age of the child, in some instances divorce comes as no surprise and often the child's response is one of relief, especially after an intense period of parental conflict. Post-divorce relationships sometimes result in a child(ren)'s fear of the custodial parent abandoning him/her or withdrawing love.

A loss of a security and stability within the one-parent family unit may develop if there was a minimum of aggression and hostility previous to the parental breakup, and if the parents refused to discuss or display their unhappiness in front of their children. It would appear that these needs could be addressed by support, educational and enrichment services to children and both parents. Some parents need sympathetic advice on how to explain to their children about the future absence of the non-custodial parent, or the occasional visits to see the children. A certain number of children are fortunate enough to have a parental substitute from relatives, friends and neighbors, but there are a number of children who find it necessary to identify with a continuous parent or similar role model.

Photo Courtesy of the Queen's Printer —

TABLE 3

Comparison of Single-Parents with Children by Family Heads Edmonton, Alberta

Widowed:	Male	385
	Female	2310
Divorced:	Male	405
	Female	2725
Unwed:	Male	205
	Female	803
Adoption:	Male	895
	Female	895

Sex-Role Identification

After divorce, there is a possibility for the child to remain identified with the absent role model if the divorce was mutual and if the non-custodial parent was granted child visitation rights. If the divorce conflict was quite severe and intense, then access to the child may be restricted. It has been indicated by previous research that a child without either a mother or father were more susceptible to problems concerning the sex-role identification process. However, this is mainly due to inadequate sex-role functioning (Maccoby and Jacklin, 1976). The lack of a father or mother does not eliminate the possible presence of other male or female models. These models can become surrogates of the absent parent and can provide the sex-role influence of the child's development.

The custodial parent's attitude towards feminine and masculine activities including relations with feminine and masculine persons are an important part of the parent-child relationship (Bem, 1976). Researchers have concluded that children of single-parent families need not experience sex-role identification frustration. One researcher's answer to this problem is to establish a feminine/masculine family situation in the home, e.g. teaching the child about both roles and not singling out one or the other (Bem, 1976). Perhaps one method of this would be to permit androgyny to enter into the one-parent system. Androgyny, allows an individual to learn to become independent and tender, assertive and yielding, masculine and feminine. It assumes that the range of behavior is open to everyone, permitting people to cope more effectively with diverse situations.

Custody Conflicts

Upon examination of the conflicts evolving during custody negotiations, involving the rights and concerns of the child during and after the divorce, it was discovered that children had very few rights. Most of the rights focused on the divorcing parents' legal duties to their children, but none were found that pertained to the child's right to voice his opinion in the matter of divorce or custody.

The Law Reform Commission of Canada *Report on Family Law* was drawn up as a result of the Law Reform Commission Study, organized to research the humanization and modernization of family law, including the rights of children. The recommendation of the Commission was to consider carefully the child's rights. For example, the court should exercise the refusal of or the postponement of a divorce until there are satisfactory and suitable arrangements concerning custody, care, protection and healthy upbringing. The arrangements should be centered on the welfare and best interests of the child. In addition, under appropriate circumstances the child should have the right to be legally represented and to express opinions. A suitable or ideal process concerning divorce would be one in which the child is heard rather than used as a bargaining counter, (Law Reform Commission, 1977).

Services Available in Edmonton

An additional method of ensuring a child's rights and providing a healthy adjustment during and after a divorce is to utilize the services available to the public. Although a single-parent family may be and often is self-sufficient in handling these matters, there are agencies that do exist and provide support in the form of educational, enrichment or treatment services.

The agencies that were contacted and visited in this study, revealed that counselling basically was directed toward the parents of the families. Special programs or services catering to the single-parent family as a unit or to the parents individually, were scarce. It was determined at this point that there is a strong need for more services that provide both individual counselling and support as well as total family counselling, support and enrichment.

The Role of the Home Economist as a Helping Professional

The potential for support services to single-parent families and particularly the children in them is vast. Figure 1 identifies the services as being handled by professionals in the medical, legal, psychological, social work, community health and home economics fields. The services may be addressed to the absent parent, the custodial parent, and the children as individuals or the family unit as a whole.

Consequently, the home economist could integrate her knowledge and practical skills and become a valuable professional helper while teamed with the medical, psychological, health, legal, and social services professions who already assist the single-parent families that dwell within the city and surrounding communities. Further elaboration of the home economist's skills and professional knowledge may be based on the philosophy of home economics as stated in New Directions II *"Home economices is the field of knowledge and service primarily concerned with strengthening family life through educating the individual for family living; improving the services and goods used by families; conducting research to discover the changing needs; and furthering community, national and world conditions favorable to family living"* Furthermore, it states that *"home economics is the only field concerned with helping families shape both the parts and whole of the pattern of daily living"* (New Directions I).

In order to provide better quality and increased services as part of the previously mentioned service teams, the goal of the home economist would be to help strengthen and improve families (regardless of structure and form) and their present life styles, helping them to learn how to cope with their daily needs and meet with the demands of their environment.

Relationships with Other Professionals in the Helping Area

Some of the competencies that home economists have are common to other helping professionals. Thus, it was essential to discuss the proposal for greater involvement of home economists with a group of helping professionals.

Group discussion meetings with social service representatives were organized to allow constructive feedback on the survey of needs, services and the proposed involvement of the home economist on the helping team who might work with the single-parent family system.

Final Recommendations

The group meetings entailed discussion about single-parent families and the role of the home economist as a helping professional. For some professionals, the expressed interest of home economists in the helping area come as a surprise. For others, it was enlightening to broaden the understanding of the contemporary role of home economics.

The entire project did offer a new perspective of home economics to the authors as well as to the social service professionals who participated.

The conclusions which were drawn indicated that:

- Home economics researchers and others interested in children should focus more on the impact on children of living in single-parent families.
- Community services should be expanded to provide the full range of services to each member of the single-parent family as well as the total unit.
- Home economics as a profession should be more active in educating other professionals as to the roles its members might play on helping teams and should begin to involve themselves in demonstration projects where their skills will become evident. ■

FIGURE 1

Children in Single Parent Families and Support Service Potential

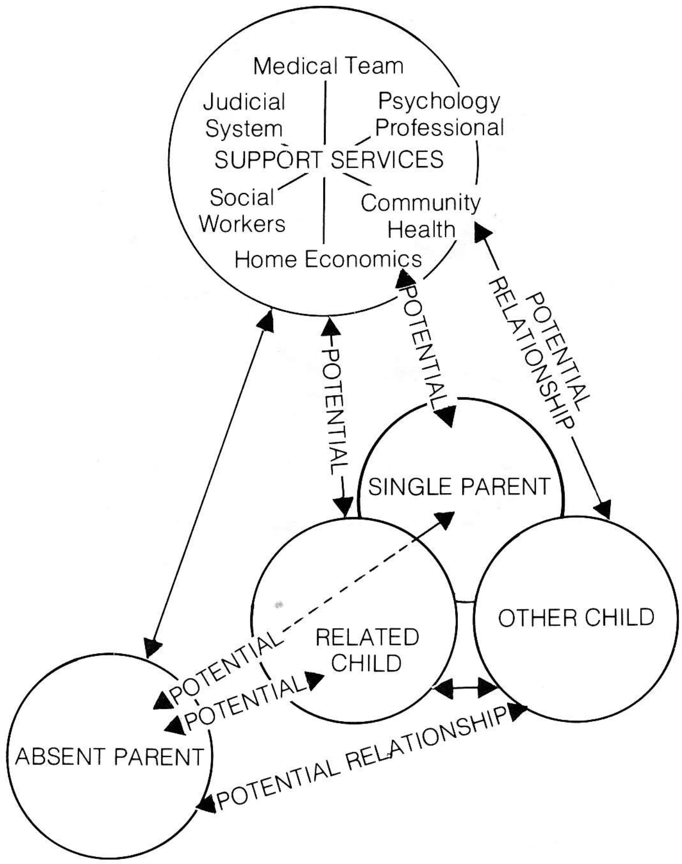

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Photo Courtesy of the Queen's Printer —

Fibre Alimentaire: Faire Le Point

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Directeur — Mise au Point
BROMATECH CONSULTANTS INC.
St-Lambert, P. Q.

ABSTRAIRE

Le document suivant résume certaines des connaissances scientifiques au sujet de la fibre. Les résultats de plusieurs recherches scientifiques faites au Canada et aux Etats Unis indiquent que la fibre peut contribuer à la prevention et/ou au traitement des maladies du système digestif, de l'hypercholestérolémie et du diabète. La fibre de cellulose est utilisée dans les pains enrichis. On précise que les excès de fibre peuvent produire de nouveaux problèmes de santé. Les restraintes gouvernementales vis à vis les réclames su la fibre dans les produits alimentaires commerciaux sont expliquées et la ration quotidienne tentativement recommandée.

La conclusion est qu'un retours à une alimentation plus simple est la solution logique du problème.

ABSTRACT

This article is a review of up-to-date scientific viewpoints on dietary fiber. Results of scientific studies in the United States and Canada on the role of fiber in the prevention and/or treatment of intestinal disorders, cholesterol and diabetes are presented. The addition of fiber to bread is described. Cautions against "abuse" present the dangers of excess fiber. Government restraints for claims on fiber in commercial food products are explained and daily requirements tentatively given.

The conclusion states that going back to a simpler diet is the logical solution to the problem.

Introduction

Depuis quelques années, l'intérêt des chercheurs, des nutritionnistes et du consommateur pour la fibre alimentaire s'est accru considérablement. Ceci est dû au fait que les médecins et les nutritionnistes reconnaissent de plus en plus que le régime de l'homme moderne est insuffisant en fibre alimentaire. Le document suivant résume certaines des connaissances scientifiques à ce sujet, glanées à travers la littérature scientifique des cinq dernières années.

De nos jours, nous consommons beaucoup moins d'aliments reconnus comme de bonnes sources de fibre: les céréales à grains entiers, les fruits et les légumes crus. Nous avons remplacé ces derniers par des céréales raffinées, des fruits et légumes cuits, en conserve ou congelés qui ont perdu la plus grande partie de leur fibre durant leur transformation.

Les effets nocifs de ce changement de régime ont été l'objet de recherches intensives par des savants de différentes disciplines.

Ceux-ci se sont heurtés à des problèmes sérieux parce que la fibre alimentaire a une composition très complexe et que certains de ses constituants sont difficiles à analyser et à quantifier.

Definitions

Dans la littérature scientifique, on retrouve fréquemment les termes "fibre brute", "fibre alimentaire" et "cellulose". Une confusion réelle s'ensuit du fait que bien des gens croient qu'ils sont synonymes.

La *fibre alimentaire* (dietary fiber) est le terme générique employé pour désigner:

> "la partie des matières végétales du régime alimentaire qui n'est pas digérée par les sécrétions du système digestif de l'homme".[1]

La *fibre brute* (crude fiber) est plus spécifique puisqu'elle désigne:

> "la partie de la fibre alimentaire que l'on peut mesurer par une méthode d'analyse officielle sanctionnée par les gouvernements canadiens et américains". (AOAC, 1970)

Cette mesure correspond seulement à 1/5 à 1/4 de la quantité totale de fibre alimentaire présente dans un aliment donné. La portion non mesurée peut être analysée par des méthodes non reconnues par le gouvernement (voir No 6 - Normes Gouvernementales).

La *cellulose* est un des constituants de la fibre alimentaire, qui comprend aussi d'autres polysaccharides (hémicelluloses, etc.) et de la lignine.

Role de la Fibre Alimentaire

Les résultats de plusieurs recherches scientifiques faites au Canada et aux Etats-Unis attribuent aux fibres alimentaires un rôle. important dans l'équilibre de l'organisme.

Voici quelques exemples de ces travaux:

En étudiant le régime alimentaire de l'américain et en le comparant avec celui d'un africain, le Dr D.P. Burkitt[2] en est venu à conclure que le régime riche en fibre de ce dernier contribue à la prévention de certaines maladies du système digestif, notamment la diverticulose, la polypose et le cancer du colon.

D'autres études, comme celles de VA Hospital et l'Université du Kentucky[3], démontrent les effets bénéfiques d'un régime riche en fibre alimentaire, en hydrate de carbone et pauvre en graisse dans le traitement du diabète et des maladies vasculaires.

Le docteur K.N. Jeejeebhoy, du Département de Médecine de l'Université de Toronto[4], affirme qu'un régime riche en fibre joue un rôle important dans le traitement de maladies comme la constipation, le colon irritable et la diverticulose, et que la fibre des céréales a un rapport avec la diminution du cancer du colon.

Deux savants américains, Lieberthal et Martens[5], ont découvert qu'un régime riche en fibre peut réduire de façon significative les niveaux de cholestérols sanguins.

En résumé, un régime alimentaire riche en fibre peut contribuer à la prévention et/ou au traitement de:

— la diverticulose
— la polypose
— le colon irritable
— la constipation
— le cancer du colon
— l'hypercholestérolémie
— le diabète (traitement seulement)

Addition de Fibres Dans Les Aliments

Depuis deux à trois ans, plusieurs boulangeries américaines ont mis sur le marché des pains auxquels on a ajouté des fibres alimentaires. Certains ne sont que des pains de blé entier auxquels on a ajouté du son. D'autres emploient de la cellulose raffinée pour remplacer une partie de la farine et du gras de la recette. Ces pains contiennent en moyenne 30% moins de calories et 400% plus de fibre comparés au pain de blé entier. Ces boulangeries invoquent l'intérêt croissant du consommateur pour la fibre alimentaire comme le facteur décisif pour le développement de ces produits.

Dans leur promotion on mentionne en plus du pourcentage de calories diminué et de fibre augmenté, la bonne saveur du pain lui-même[6]. De plus, plusieurs compagnies alimentaires travaillent actuellement à la mise au point de produits enrichis de fibres comme les viandes préparées, les saucisses, les pâtes alimentaires, les sauces et vinaigrettes.

La fibre de cellulose en poudre est la plus souvent utilisée dans les pains enrichis. On emploie aussi du son de céréales, du germe de maïs, des écorces de soya et des sous-produits de fruits et de légumes. Chacune de ces sources contient un pourcentage différent de fibre.

Contenu en Fibre Brute de Quelques Aliments

	%
Son de blé	9.0
Pains enrichis de fibre	6.0 - 7.5
Flocons de son (bran flakes)	3.9
Germe de blé	2.5
Farine de soya dégraissée	2.5
Pain de blé entier	1.5
Pain blanc enrichi	0.2

Mise en Garde

Le professeur Peter Van Soest[7] de Cornell University précise que les excès de fibre alimentaire peuvent produire de nouveaux problèmes de santé, parce que:

a) La fibre alimentaire a le pouvoir de se lier aux graisses, au cholestérol et même aux minéraux — ce qui peut vouloir dire une *perte de nutriments essentiels*.

b) L'augmentation de fibre dans le régime des animaux a démontré qu'elle provoquait une *inefficacité calorique.*

c) Les régimes riches en fibre d'Afrique et des Indes sont aussi associés à une incidence élevée de *déséquilibre minéral et de calculs rénaux,* surtout dans les régions où le riz est le principal aliment du régime.

Spiller et Shipley[8] mentionnent que: "de très grosses quantités de fibre dans la diète peuvent causer une perte de nutriments par les selles, perte qui peut être critique dans les cas de régimes marginaux comme ceux de certaines personnes âgées ou de ceux qui ont de mauvaises habitudes alimentaires.

Normes Gouvernementales

La loi canadienne de la Direction Générale de la Protection de la Santé permet l'emploi du terme "fibre brute" ou "fibre non digestible" dans les réclames. Quant au terme "fibre alimentaire", il ne peut être employé que dans le cas de *son de blé* et on ne peut parler de "bonne source de fibre alimentaire" que lorsqu'une portion quotidienne d'un aliment fournit 18 grammes et plus de son de blé.

Ration Quotidienne

Actuellement, il n'y a pas de ration quotidienne recommandée pour la fibre alimentaire étant donné l'insuffisance de connaissance à son sujet. Mais, il est certain qu'une augmentation substantielle de sa consommation pourrait être bénéfique.

James Scala, directeur de nutrition chez Thomas J. Lipton[1], recommande une augmentation de 6 à 12 grammes par jour de fibre brute (donnant un total d'environ 20 à 36 grammes de fibre alimentaire). Ceci équivaut à environ deux cuillères à table de son de blé avec chaque repas.

Spiller[9] affirme que la ration quotidienne suggérée peut se définir comme: "la quantité de n'importe quel composant fibreux ou d'une combinaison de ces composants qui produit un transit intestinal d'une durée ne dépassant pas trois jours".

Conclusion

Les opinions controversées sur le sujet des fibres ont eu pour effet d'éveiller l'intérêt de divers milieux sur la valeur du régime moderne nord-américain. Tous les experts sont d'accord sur le fait que ce régime comprend de sérieuses lacunes. Les moyens d'y remédier sont pourtant fort simples: un retour à une alimentation plus équilibrée, plus riche en crudités et en céréales non raffinées. Toutefois, nous savons que la modification du régime alimentaire n'est pas chose facile et qu'elle représente un travail le longue haleine en éducation. Les tendances actuelles d'un bon nombre de jeunes vers une alimentation plus simple sont sûrement d'un heureux prèsage. ■

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The Role of the Canadian Home Economist Researcher in International Development

The International Development Research Council held a seminar for people interested in Third World Development, in Edmonton, September 28 and 29, 1978. The topic for the seminar was *A Challenge for Change in Third World Agriculture*. As a follow-up for the seminar, a panel of agricultural researchers lead by Dr. Len Shebeski, Dean of Agriculture, University of Manitoba, discussed the contribution in agricultural research which Canadians could make to international development. The following article is a summary of the potential contribution of home economics by panel participant, Dean Doris Badir, Faculty of Home Economics, University of Alberta.

The Role of the Canadian Home Economist

There are three aspects of the topic which might be considered:

- the potential of home economics in Canada to assist in the contribution of agricultural research.
- research in post-harvest technologies particularly as it relates to:
  - — product testing for consumer acceptability.
  - — the development of household or community based technologies for processing, preserving or storing food products.
  - — testing the nutritive value of new products.
  - — predicting and/or assessing the latent consequences of new technologies.

  Home economists have the potential and particular skills to deal with some of these issues.
- the effect of the intervention of new technology on the people systems.

The Research Potential of Home Economics in Canada

There are some seventeen faculties, schools and colleges of home economics in Canada. Only about five or six of these have the research potential to contribute at the present time. Not all of them can deal with both the technological and sociological issues which are identifiable. Furthermore, not all of them have active and participating research capability in nearby faculties of agriculture.

It is important at the outset to note that it is only because there has been some team work already that one can identify the areas, but it is also because of this team work that one can express concern at having heard so little about these issues at this seminar.

The potential exists not only for training — training in any one of the three areas identified at the seminar. Furthermore, the Canadian Home Economics Association has been developing proposals both for training facilities and for research projects which might result in more fruitful participation.

Research in Post-Harvest Technologies

There are several possible ways in which a research home economist might contribute. For instance, let us examine the development of a new strain of food crop. In the past, the needs of industry seem to have been uppermost in the minds of the researchers. Concerns have been with adapting a strain to mechanized harvest techniques or power milling processes. The meaning to the household and for household activity would seem to be an important factor. If we really believe that our research is intended to meet basic needs then we must be concerned about consumer acceptability both in terms of product preparation and in terms of taste. It seems incredible that we could think of developing a new strain of rice with higher yeild and better adaptability to mechanized agriculture but without an acceptable eating quality! The research capability is available for this need, and it should be tapped.

Another research area where the home economist might contribute to the team would be in checking the nutritive values of new strains of indigenous food. It is known that if new products are unacceptable, nutrition patterns are interrupted. Similarly, the introduction of unfamiliar foods, no matter how nutritious, can cause severe problems. It is known that the introduction of western habits (the most glaringly obvious being that of bottle-feeding) interrupted a perfectly adequate nutrition pattern setting in motion a whole series of problems in terms of cost, nutrition and human relationships. If the ultimate goal is to be an improvement in the quality of life, then improvements in efficiency must not be offset by a decrease in quality.

A rice harvesting machine in Japan which can save many hours of hand labour.

Photo Courtesy of C.F. Bentley

The problem of the development of household-based technologies for improving handling and storage of harvest surplus designed for family consumption has also come to the fore. The International Federation of Home Economics voicing its concern at the wastage of surplus foods, feels there is a major role for home economics research in this area.

The study of the latent consequences of technological intervention is also a concern. All too frequently we set up a new and more efficient technology only to find that we have interrupted another long established and important piggy-back technology. For example, the case cited, where a new strain of rice resulted in a shorter straw which was inappropriate for thatching. Or, where the development of a chimney to remove smoke from the house created a demand for more fuel — fuel which was created by the laborious mixing of straw and dung! One must be thorough in the pre-search investigation in order to anticipate some of the consequences and prepare for them.

In the seminar it was stated that it was inevitable that some people in the process of change would be affected adversely by the change. This leads to the third area of comment.

Research into the Effects of Systems Intervention on Families and Family Relationships

The types of intervention under discussion involved re-ordering the daily lives of people and changing the way they have related traditionally to one another. Change has occurred in such ways as, the power focus in families and the relationships of husbands to wives, parents to children. This, too, is part of the "quality of life." If there are to be adverse effects from innovations in food production then these should be planned for and programs developed to prepare people for them. Have we really tried to prevent, through human relation skills, the breakdown of systems structures and relationships which have been predicted and which are occurring? The seminar recommended some innovative approaches to re-establishing the relationship of land cover to crops to economy. What are we doing to establish innovative approaches to the restoration of the relationship of husbands, wives and children to the new economy?

In this discussion, areas where research is needed have been indicated. Program are required to make the transition from one level of technology to another less devastating on the human systems. Little, if any, of that sort of sensitivity has been exhibited in our society. It is useful to know, that by talking about meeting basic needs through appropriate technology and understanding the processes of systems intervention perhaps we may be providing ourselves with the tools for solving some of our problems at home.

To conclude, while we do not have a monopoly of the field, nevertheless, the whole Canadian contribution could be greatly enhanced by a more active role of home economists and home economics researchers. We have the potential for working on the research team now, whether that team be developing an appropriate technology or planning for the careful introduction of that technology into a community. We have a Canadian contribution to make which will support and enhance what native leaders are trying to do. We are ready to take the challenge. ■

Canadian Home Economics Journal Guide for Authors

GENERAL ARTICLES

General articles may include an interest essay on current issues, a review of literature on a specific topic, a critique, or any other rhetorical form related to the concerns of the family, industry, education, etc. that are of interest to home economists.

Because publishing is a costly procedure it is essential that such articles be concise, yet lengthy enough to treat the subject adequately.

Content:

1. An atricle should approximate 2000 words and be submitted in English and/or French.
2. A summary of 100-150 words is to be included in French for English articles and vice-versa.
3. It should contain a bibliography using the format described in the guide to authors research section "citations".
4. Three copies — typed double spaced — error free for purposes of review.
5. Illustrative material such as photographs, sketches, charts, etc.
6. Title page that identifies:
    The title
    A brief biographical statement
    Name and present position of author or authors
    A photograph could be included.

Goal of The Research Section of CHE Journal

To provide researchers directly concerned with the well-being of families and individuals the opportunity to publish in a Canadian journal.

CONTENT

Contributions to this section of the Journal include:

1. Original research papers
2. Review papers related to topics of current interest
3. Research forum

CRITERIA USED TO EVALUATE RESEARCH ARTICLES

1. Does the research report focus on a significant problem in home economics? Does it generate new knowledge, confirm or refine known facts?
2. Are findings interpreted logically?
3. Does it use sound research methodology?
4. Is it scholarly, well organized, well written?
5. Is it presented in a form and length which makes publishing feasible?

PREPARATION OF MANUSCRIPT

Research papers should be organized as follows:

1. Title page
2. Abstract in French and English on separate sheets.
3. Text of Manuscript.
4. References
5. Tables (one per page)
6. Figures (one per page)
7. Acknowledgements (on separate page)

TITLE PAGE

Because papers are submitted anonymously to reviewers, the following identification appears only on the title page:

1. Title of paper — Keep as brief and concise as possible
2. Name and present position of author(s)
3. Name and address to whom galley proof is to be sent
4. Institution at which research was conducted and date of its execution.

ABSTRACT

The abstract page follows the title page and starts with the complete title of the paper but does not contain the name(s) of the author(s). It should be a concise summary of the research and should stand on its own. It should be approximately 100 words in length and should not exceed the maximum of 150 words. Abstracts should be submitted in both French and English.

TEXT OF THE MANUSCRIPT

The text of the manuscript begins on a separate page and should be typed with inch margins on both sides, top and bottom. Each page is numbered at the top right hand corner. In the left margin, number the lines of each page. This makes reference to a specific page and line easier for the reviewers and author(s). Type double space and only on one side of the paper. The author is fully responsible for correct sentence structure, good English and accurate spelling. The style should be readable with a minimum of specialized language.

CITATIONS

Citations in the text should be by author's surname, date and pages cited if direct quotation is used.

Examples —
Roach, M. and J. Eicher (1965) found it necessary to . . .
Davis (1969, p. 464) stated, "It is . . .
Recent research (White, 1965; Black, 1967) supports the findings . . .

Where reference is made to an article by 2 or 3 authors, the first time it appears all names must be listed. In any further reference use the first listed author and et al. Where reference is made to an article by more than 3 authors, it is acceptable to use the first listed author's name and et al. at all times.

Example —
First reference
Blue, J., M. Casey and J. Trirud (1969) reported that . . .
Any further reference
Blue et al. (1959) favor the theory . . .

Example —
referring to a study by Brown W., J. Carey, M. Smith, B. Blue and L. Csey, (1963)
Brown et al. (1963) . . .

REFERENCES

All work cited in the paper must be listed among the references. Uncited works should not appear in the references. References are typed on separate page, double spaced throughout, alphabetized by first author's surname. Several references by the same author are arranged by year of publication.

Examples
Book —
Bietler, E. and B. Lockhart. Design for You. Toronto: John Wiley and Sons Inc., 1969.
Journal Article —journal paged by issue,
Harris, T. The savagery of good will. Psychology Today, 1973, 6(8), 33-34.
Journal article — continuous pagination,
Harper, D. Perceived child rearing. Perceptual and Motor Skills, 1977, 44, 1095-1105.

There should be no abbreviation for the names of journals.

TABLES

Tables should be kept at a minimum and only used when they add value to the paper. Each table is typed on a separate page, double spaced with complete caption at the top of the sheet. Each table is numbered and should be referenced in the text by that number. Indicate the location of the tables as follows —

Insert Table I

There should be no vertical or horizontal rules except those in the heading and at the bottom.

GRAPHS AND PICTURES

Like tables, graphs and pictures should be limited in number and used only when absolutely necessary. Graphs or drawings should be professionally prepared in India ink with mechanical lettering device. They should have a clear heading and be numbered. e.g., Figure I. Like tables, each graph is presented on a separate page with instruction in the text as to the place of insertion.

Insert Figure I

STYLE AND ORGANIZATION

Scholarly presentation of the research is the responsibility of the author(s). Organize material in a logical sequence and give enough details of techniques so that other readers can understand clearly the execution of the research.

ADDITIONAL INFORMATION

Authors should consult the American Psychological Association style manual for additional information not given herein.

SUBMISSION OF MANUSCRIPTS

An author's submission of a research paper implies that the paper is based on original research not published elsewhere. Send 4 copies of complete manuscript to:

Dr. Anne Kernaleguen
Clothing and Textile Division
Faculty of Home Economics
The University of Alberta
Edmonton, Alberta, Canada T6G 2M8

Upon receipt of a manuscript, the author will receive an acknowledgement of same. Three qualified persons will be selected as referees. Within six weeks the author should receive a letter giving a summary of the referees' decisions, comments and suggestions. Referees may accept the paper as first presented; they may suggest minor changes; they may recommend major revisions or they may reject the paper entirely. If the author agrees with the reviewers' comments he should incorporate their suggestions in his second draft. If, however, he does not agree with suggested changes, he can refuse to change and provide justification for his stand. The paper will be published as soon as possible after it is accepted.

Why Paris?

Rose Fedorak, M.Sc.
University of Saskatchewan, Saskatoon.

Without Paris, would there be fashion? If we were to judge by the number of designers who call it home, the number of people who attend and try to attend the prét à porter shows, and the countless others who impatiently wait for the latest *Vogue* or *Bazaar* to hit the newsstands, we would have to conclude that Paris **is** fashion.

To determine why Paris has the honor of being the fashion capital of the world, the author enrolled in the Fashion Workshop/Seminar at the Paris American Academy. This Academy was founed in 1966 by an American, Richard Roy, who believed that people from North America as well as from other parts of the world should have the opportunity to study in Paris and at the same time experience the charm of the city. Their programs include French, painting, music, dance, art history, sculpture, photography, cuisine, serigraphy and ceramics. As students, we were expected, not only to study, but to experience the life of Paris, the joie de vivre, romance, and charm. It wasn't long before we began to identify the elements of the atmosphere that contribute so much to artistic expression through fashion.

Coming from a young country like Canada, the first thing one noticed was the architecture. It was evident that many of these buildings were centuries old; their warm and quiet beauty expressing the wisdom of the years. The ancient streets bulged with dusty new cars as the sidewalk cafes and parks became crowded with people relaxing on their way home from work. Lovers, friends and families greeted each other, oblivious to the gas fumes and the noise, blended into a framework of Gothic, Renaissance and classical structures that have become synonymous with the city.

Further exploration located not only art galleries with original works that to this point I had only been reading about, but also the ateliers or work rooms of artists like Picasso and Cezanne marked simply by a modest plaque near the entrance. Museums, theaters and boisterous night clubs add to an atmosphere that could only be Paris and contribute to an awareness and appreciation of artistic expression among the population.

It is for these reasons that foreign designers like Vicky Tiel, an American, and Kenzo, a Japanese chose this as a setting for their design efforts. Both expressed the creative freedom Paris offers without the "big sales" pressure experienced by North Americans. Parisiennes enthusiastically approach new fashion in their own individualistic manner rather than religiously studying *Vogue*.

Emmanuelle Khanh, for example, is inspired by the work of the renowned artists. Each season she selects one artist and concentrating on colors, forms and feelings develops a new collection, which will coordinate with some of her past work.

Another designer, Chantal Thomass designs to please herself. She admits to being inspired by those around her, but expresses these ideas in her own way through typical Rive Gauche fashions.

Rive Gauche *is* the current fashion distirct. It is home to boutiques carrying such names as Chantal Thomass, Emmanuelle Khanh, Sonia Rykiel, Anne Marie Beretta, Georgio Armani, Jean Claude de Luca, and Karl Largarfeld, including St. Laurent's prét à proter line, "Rive Gauche." The left bank attracts the young and the young at heart who enjoy playing the fashion game. This, according to Mary Russell, contributing editor for *Vogue* and *New York Times,* is their national sport.

If the Rive Gauche names sound rather unfamiliar, a journey across the Seine to the Right Bank, and Faubourg St. Honoré will find names like Dior, Lanvin, Courreges, Hermés. The shoppers reflect the timeless elegance and simplicity of these names, totally ignoring the cameras and polyester pant suits of the tourists.

People have grown to equate Paris with the names of established houses like Dior because these designers have been able to meet the consumers' wants and needs throughout the years. Marc Bohan of the House of Dior has the ability to understand the trends and to design according to the general feeling in society. Designers do not work in a vacuum miraculously creating new looks that would then trickle down through the various groups.

Jimmy Gibbez of "Modeinformation" claims that fashion follows a certain logic. Starting in the streets, it begins as reaction to what is "in". Once tried by a very few, the idea is adopted by a few more fashion conscious individuals, and the idea becomes a trend. The idea by this time has won the approval of the producers who present it in quantity to the masses. As the fashion is accepted by many, it normally becomes overdone, sometimes leading to absurdity. This creates another reaction, and a new trend is born.

Not all designers, however, follow this fashion logic, looking to the streets for coming trends. Kenzo and St. Laurent initiate the trends, expressing their own ideas long before most people are willing to follow. One can argue that their ideas must come from the environment, but they are recognized as trend setters and are known as the most creative designers today.

The atmosphere of the Parisian environment is not the only factor contributing to the development of the fashion industry. Historically, the French government has supported designers as well as other creative individuals, such as artists, enabling many to become established in the city. Fabric mills and the auxiliary industries producing notions, trims, etc. are willing to produce unique products in small quantities to meet the needs of designers. There is also a pride in workmanship resulting in a quality product that can never be duplicated in mass production.[1]

All of these factors — the people, the architecture, the arts, the government and the industry, have led to the establishment of Paris as the fashion capital of the world.

Reference

Greenwood, Kathryn More and Mary Fox Murphy, *Fashion Innovation and Marketing,* MacMillan Pub. Co. Inc., New York, 1978.

Canadian
Home Economics
Association

L'Association
Canadienne
Economie Familiale

40th
Anniversary
1939-79

Highlights of CHEA

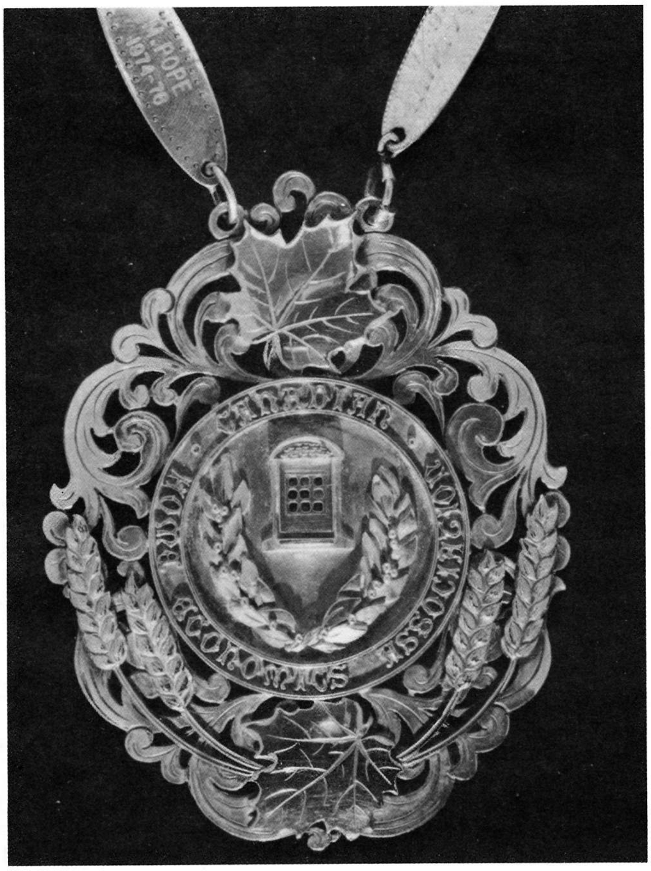
1964 - 1979

What follows is by no means a complete history of the Canadian Home Economics Association. An attempt has been made to pick up the torch from those who highlighted the history from the time of our foundation in 1939 to our Silver Anniversary in 1964 (See Vol. 14, No. 2, 1964, *CHE Journal*). That issue featured the past-presidents, the crest, the badge of office, the journal and conventions. This issue is continuing by highlighting the memoirs of past-presidents, charter members, the establishment of the national office, the themes of conventions and the administrative structure as it now stands.

The strength of our future relies on the events of the past. Our years ahead look bright and exciting.

This special 40th anniversary supplement was made possible by the generous expenditure of time and energy by the CHE Journal research editor, Dr. Anne Kernaleguen who compiled it. Other contributors include Elizabeth Feniak, Gertrude Gerlach, Edna Park, Nola Wade and Jean Bradshaw.

Pageant of Presidents



Presidential Chain of Office

The twenty-fifth anniversary issue of the *Canadian Home Economics Journal* carried a Pageant of Presidents in which the first thirteen leaders of CHEA outlined briefly the accomplishments of the Association in their respective terms of office. In this, the fortieth anniversary issue, the next seven presidents have graciously accepted to add to the pageant. Since Mrs. Holcomb has passed away, Miss Edna Park, our archivist has written about her term. Our current president Dr. Elizabeth Feniak has assumed the most difficult task of writing in the future tense as she projects the accomplishments of CHEA in the next few years.

We hope that in reading the past presidents' messages you will recall the highlights of the past and share with pride in the accomplishments of your professional association. As you read predictions of the future, may you accept the challenge of playing an active role in unfolding tomorrow's history.

1939 - 41 — Jessie McLenaghen
1941 - 43 — Jessie Brodie
1943 - 45 — Frances McKay
1945 - 46 — Doris Runciman
1946 - 48 — Mabel Patrick
1948 - 50 — Margaret McCready
1950 - 52 — Edith Rowles
1952 - 54 — Mary Clarke
1954 - 56 — Florence Howden
1956 - 58 — Marjorie Kennish
1958 - 60 — Katherine Johnson
1960 - 62 — Gertrude Gerlach
1962 - 64 — Kathleen Watson
1964 - 66 — Norah Holcomb
1966 - 68 — Wanda Young
1968 - 70 — Sally Henry
1970 - 72 — Maxine Cochran
1972 - 74 — Winifred Bracher
1974 - 76 — Margaret Pope
1976 - 78 — Doris Badir
1978 - 80 — Elizabeth Feniak

Cultural and Social Involvement

Norah Holcomb was a charming talented woman whose outgoing personality and friendly interest in people won a special place for herself in the hearts and minds of home economists across Canada.

Born in Nova Scotia, Norah Holcomb grew up in St. Anne de Bellevue and attended Macdonald College where her father was a professor of chemistry. Following graduation from McGill University with a B.H.S. degree she went to St. Luke's Hospital, New York City as a dietetic interne. On the completion of her course she returned to Montreal and accepted a two-year appointment as an assistant dietitian with J.A. Ogilvy's. Realizing that her real desire for a career was in teaching, Norah Holcomb decided to become a home economics teacher with the Montreal Protestant School Board, where her personal interest in her students inspired them to become proficient in their studies.

When war was declared in 1939, Norah Holcomb enlisted as a dietitian and held the rank of lieutenant in the Army Medical Corps and served with distinction in Quebec, Camp Borden and Debert, Nova Scotia. At war's end she was married to Dr. Robert Holcomb and resumed teaching in Montreal. Shortly after she was appointed a supervisor and then a consultant in home economics under the Protestant School Board of Greater Montreal. Her commitment to "Excellence" as a goal for herself, and for her students, won the approbation of her peers.

In addition to a heavy teaching schedule Norah was actively engaged with the Provincial Education Committee in developing a bilingual curriculum in home economics, incorporating all the newest trends in this important discipline. Subsequently, this bilingual curriculum became official for use in all Quebec Schools and made a great impact on home economics education in the province. In 1971 she was awarded the "Order of Scholastic Merit" by the Department of Education for her dedicated service.

NORAH McCARTHY HOLCOMB
1964 - 1966

Norah Holcomb was a woman of wide interests, known for her ability as a leader. She was elected as president of Montreal Quota Club and then served two years as Lieutenant-Governor, followed by two more years as Governor of Quota International Incorporated.

During her busy years as President of the Canadian Home Economics Association much was accomplished. Our Association grew in stature and became known as a group of enlightened educated women who were working to enhance the cultural, educational and economic status of women and to protect their rights and those of children. In this period great interest was engendered in social legislation in Canada. The Canadian Home Economics Association, supported by the president, co-operated with thirty-two other national and local associations in presenting briefs to Government, such as the brief to the Federal Government on the Status of Women, and a brief to the Special Senate Committee on Aging. A revision of the constitution was undertaken, and a decision made to celebrate Canada's centennial year by compiling a truly Canadian Cook Book, to be named the Laura Secord Cook Book. Proceeds from this project to be used to augment the scholarship fund.

It was with profound regret and sorrow that the members learned that Norah Holcomb passed away very suddenly in December 1973. May we emulate her dedication and expand the study of home economics in all Canada.

WANDA YOUNG
1966-68

Communication

Communications was the title of one of the president's messages in my term. Communication was evident in each message as events were pointed out to the 1218 members. There were international messages as support was given to a project in schools in the Caribbean, as IFHE fees began to be collected centrally, and as preparations were made for the twelfth IFHE Congress to be held in Bristol.

There were communications to industry as a committee sought contributions to the scholarship fund. Communication with undergraduate members of the Association of College of Home Economics Students resulted in students attending the board of directors meeting for the first time in 1968. The home economics ring, standard for all universities was adopted. For the first time travel funds were provided for a Joint-Executive Meeting of the Canadian Home Economics Association and Canadian Dietetic Association in Vancouver. There were messages to other organizations as well. The *CHE Journal* messages were now sent to Toronto where the editorial board was centered. There were messages to commemorate the International Year of Human Rights and to celebrate Canada's Centennial Year. The program committee planned an excellent pre-conference workshop on "Modern Communications in Home Economics".

Separate printed communications included: magazines, pamphlets, and illustrative materials for senior high school home economices courses by the Education Committee; publications available from Home Economics Extension Services in Canada by the Extension Committee, as well as the revision of the Constitution and By-Laws.

Communications to the government were the briefs submitted to the Status of Women's Commission by the Education Committee and most affiliated groups. The Awards Committee announced winners for industrial scholarships and the association conferred honorary life membership on Dr. Edith Simpson.

My last president's message suggested that it is time to consider the omens of change — a message still valid in 1979.

High Level Activity

SALLY HENRY
1968-70

The time between the Regina Conference in 1968 and the joint CDA CHEA Convention in Toronto in 1970 seemed much less than two years because of the high level of activity. Planning for the convention itself required a tremendous time commitment by the committee members and to a lesser extent the executive. The incredible success of the conference made it all worthwhile.

One important aspect of CHEA that was fully investigated and eventually acted upon during this period was that of the Association's investments. A motion at the 1969 Annual Meeting established The Finance Committee, which eventually recommended the appointment of an investment counsellor. Over the years this has benefited the Association materially.

Three briefs were prepared and submitted by the executive: one to the Committee on Relations between Universities and Governments, one to the Senate Special Committee on Science Policy and one to the Senate Committee on Mass Media.

The appeal to industry for scholarship funds by a special committee of HEIB's was conducted and in this connection two brochures were prepared and printed: a bilingual one on the Association and one called "The Strongest Link" which outlined the function of a home economist in business.

A national salary survey was conducted and computerized so that it could be repeated biennially or as required. From the results, salary scales based on education and experience were established and distributed to members.

Two other surveys were conducted: one on out-of-print classic books and the other on members interested in doing short or long term consulting in the developing world.

A committee to investigate amalgamation of national, provincial and local fees commenced its activities in this term. Furthermore, a Professional Development Committee was established under the chairmanship of Wanda Young.

Considerable support was given to the College Clubs which were most active. Their yearly conferences were well attended. This was a help to them and to our association.

The career film "Vistas" was produced in 1969-70 by Ryerson Polytechnical Institute with financial support from CHEA.

An effort was made to become more bilingual with the translation of the Constitution and By-Laws into French, which was preceded by an investigation into the most acceptable French version of the name of the association.

A concerted effort was made to have the national executive more visual to the regional associations. Accordingly, many visits were made mostly at the individual's expense. This was typical of the support I received from the hard working executive members whith whom I was fortunate to serve.

Pride in the Profession

MAXINE COCHRAN
1970-72

"Everyone working in our profession today will have an even bigger job to do tomorrow. We will need an ever increasing insight to recognize and understand what people are asking of our society as well as our profession and our organization. The need for communication will become more necessary than ever due to the enormous size of this country". Those lines, from a President's Message written for the *CHE Journal* in 1972, seem just as relevant as we head into the 80's.

We were, however, very cognizant of the whole area of communications in the early seventies and more than a little frustrated, at times, by the difficulty of keeping in touch with our members. It seemed natural to consider seriously the need for a more vital link with our membership and at the annual convention in Halifax in July, 1972 the wheels were put in motion. An ad hoc committee, under the able chairmanship of Dr. Elizabeth Feniak was set up to consider the feasibility of establishing the position of Executive Director and to report its findings to the Board of Directors' meetings in July, 1973.

There were other milestones — the establishment of the Carnation Company Incentive Award; a realization of the need to bring more recognition to the urban community home economist prompted by the thinking that, traditionally, many members of our profession had provided service to rural homemakers through extension programs. We were facing a growing trend to provide more consumer education to the urban areas as well.

A salary survey was carried out by a special committee chaired by Cecile Sexton and the results were distributed to every member. A CHEA booth was on display at several trade fairs and food shows. A newsletter for affiliated groups was prepared by Vice-President Jean Peck and in keeping with the subject of change which has been with us throughout the 70's, we took a look at our name, our logo and the need to be relevant to our broad faceted membership with particular reference to the ACHES Group.

In summary what one remembers most about a term as CHEA President is the warmth, friendship and pride in our profession and our professional organization.

Professional Development

The executive of CHEA moved from the Atlantic to the Pacific Coast!

For some time it had been felt that the smooth working of our growing professional organization could be facilitated with the appointment of an executive director. A special task force committee, chaired by Dr. Elizabeth Feniak, was set up to study the issue. At the annual meeting in 1973, this committee recommended that CHEA undertake as a pilot project the appointment of an executive director on a full-time basis for 1974-76. It seemed like an enormous undertaking. Indeed it was a giant step forward for our organization.

The Professional Development Committee under the leadership of Miss May Maskow was very active during these years. A position paper from the Deans and Directors of University Home Economics Programs in Canada had been received by CHEA. The paper suggested that many organizations were doing some soul searching and rethinking on some important issues. This committee examined the position paper and subsequently came up with a comprehensive report suggesting certain revisions. Goals and objectives were re-defined and membership categories were changed necessitating a change in fee structure. An excellent minority report was received from a group at the University of Alberta and many of the ideas expressed by this group were incorporated into the task force submission. This resulted in a number of constitutional changes.

Over the past years the *CHE Journal* had been a means of communication for all members but time had come for its function to be expanded. Under the guidance of Dr. Anne Kernaleguen a study was instigated to look into the advisability of including a refereed research section in the Journal. This was initiated and has provided a much needed vehicle in Canada for the publication and distribution of research findings.

The ACHES organization had become a very active body and to help nurture their enthusiastic participation it seemed appropriate that the group should have representation on the CHEA Board of Directors. The constitution was modified to include the new category.

The Metric Commission approached CHEA for representation on their Commission. Miss Wendy Sanford was appointed to this post. She and an enthusiastic committee undertook a very important task for which they were to receive high praise a number of years later.

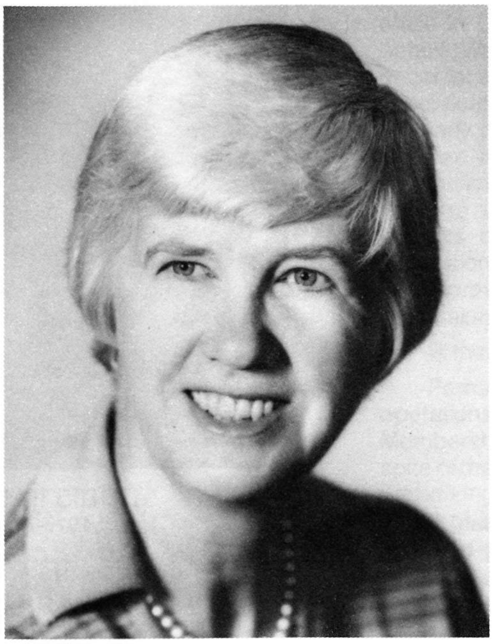
Another request came from the Minister of National Health and Welfare, the Hon. Marc Lalonde. He requested that representatives from CHEA discuss with members of his staff, appropriate action programmes based on the result of Nutrition Canada. This request was complied with and a report was prepared, spearheaded by Mrs. Margaret Pope.

UNESCO organized a workshop to discuss the draft copy of "A World Survey of Home and Family Education within Formal Education". This was a project on which IFHE and UNESCO collaborated. Representatives from CHEA, CDA, Extension Services and the programme officer from UNESCO met in Montreal to discuss the Canadian content of this report.

The Laura Secord Company suggested that a special edition of the Laura Secord Canadian Cookbook be published. This request was directed to Miss Sally Henry since she and her committee had worked so effectively and were responsible for the tremendous success of the original cookbook. A substantial sum of money was realized and added to the scholarship account.

As our term of office drew to a close, we in British Columbia looked forward to extending hospitality to home economists from across Canada and visitors from other countries. Our convention, Gateway '74 L'Horizon, co-chaired by Mrs. Phyllis Dennett and Mrs. Lillian Radman, proved to be a great success. This was preceded by a pre-convention course held in Victoria, chaired by Dr. Margaret Arcus and titled "New Areas in Family Studies". Following the convention Dr. Nancy Schwartz conducted a post-convention workshop on nutrition education.

WINIFRED J. BRACHER
1972-74



MARGARET POPE
1974-76

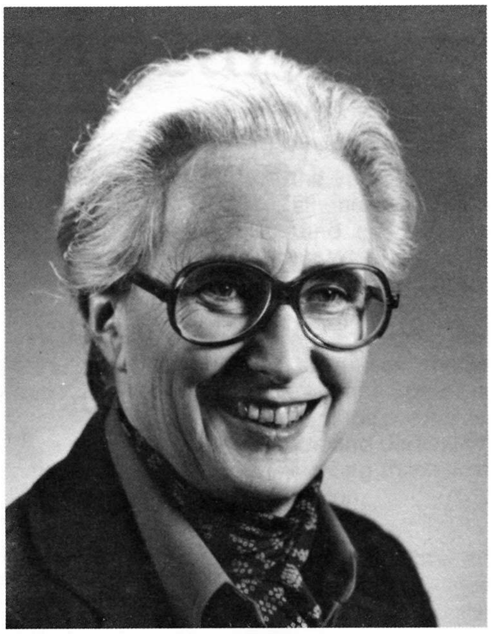
International Influence

The first challenge of the 1974-76 term was the selection and appointment in October 1974 of an executive director to the newly designated post. Coincident with this activity, an organizing committee was appointed to undertake the planning for the XIIIth International Federation of Home Economics Congress which was held in Ottawa in July, 1976. The Canadian Home Economics Association hosted this highly successful international event which brought together 1,000 home economists from more than 40 countries.

Another first was the move to annual meetings and the inaugural annual CHEA Conference "Women Who Care" took place in June, 1975 in Montreal. The meeting was organized by the Quebec Director and Montreal Home Economists.

A permanent CHEA representative, Wendy Sanford, was appointed to the Metric Commission in 1974, heralding the development of the CHEA Metric Committee.

During my term, discussions were initiated on the French translation of the name of the Association. Our general secretary Mrs. Jean Bradshaw, was presented with an Honorary Membership at the Annual Meeting in July 1976 held in Toronto.



DORIS BADIR
1976-78

Flexible Structure

Immediately after I took office in 1976, the Canadian Home Economics Association hosted the International Federation of Home Economics Congress in Ottawa. While it was the Ottawa Association which took on the major role of hosting the event and certainly the Ottawa executive, and Margaret Pope, my predecessor, who had the major responsibility for planning the event, the whole membership of the Association was able to benefit from the incredible experience of joining with other home economists from round the world to discuss common interests and to form important policy-making decisions.

During the previous executive's term an executive director had been appointed to assist in the management of association affairs. The second two-year appointment resulted in the position of executive director becoming an important and permanent part of the CHEA structure.

During the 1976-78 period the Association through the work of an appointed committee addressed the issue of its effectiveness and worked at the development of a flexible structure which would allow the CHEA to respond to important Canadian and International interests to which home economists could make a contribution. At the annual meeting in 1978 we appeared to make important strides in that direction.

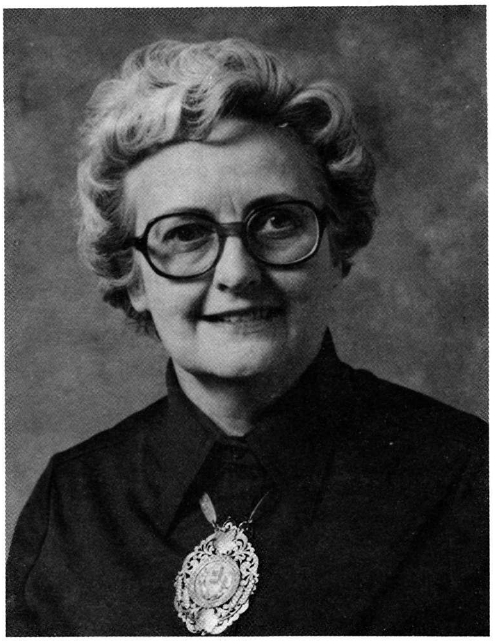
Two large, successful annual conferences were held in Calgary and Winnipeg proving that the association could survive and thrive on an annual basis — an important link in maintaining professional contacts.

We added the Ruth Binnie Scholarship in Home Economics Education to our annual awards. Thanks to the generosity of the late Ruth Binnie through whose will CHEA became the recipient of a large trust, the interest of which was to provide scholarships. The first scholarship was awarded in 1978.

Another indication of the growing and maturing of CHEA came about during the board meetings in July 1978 when it was decided that we now had enough business to conduct to warrant a second board meeting a year. The decision to move to semi-annual board meetings brings the board into much closer touch with the day-to-day operation of the Association.

During this 1976-78 period, CHEA presented a brief to the Canadian Government re the proposed Food Policy of Canada Agriculture. CHEA also formed a Family Economics Committee to plan strategies for home economists to respond to the problems facing families in a climate of continuing inflation and increasing unemployment.

Future Projections



ELIZABETH FENIAK
1978-80

What better vantage point than the president's chair to observe what CHEA is at present and consider what it has the potential to become! Past presidents are telling us of activity during their two-year term. With only a brief six months in office, I hope that I may be permitted remarks of a more general nature.

Consider with me the positive side of CHEA in 1979. We have a busy office in Ottawa with Nola Wade and Jean Bradshaw working on our behalf. We have a board of officers and committee chairmen who are eager for action programs. This includes the journal committee producing a publication of which we are very proud and other committees who regularly provide stimulating conferences to update our knowledge. We have an ACHES membership of keen young students proud of home economics. We have scholarship assistance for graduate study and are initiating a Foundation Fund to further research and initiate special projects of a public service nature. We maintain a close link with international home economists. And we are affiliated with strong regional and provincial associations which are becoming increasingly professional in program planning and involvement in regional concerns.

Is there a negative side to this picture?

Perhaps the most obvious aspect of the "disappointing" side of our operations is the failure to increase membership at the national level. Membership in CHEA has not altered greatly in the past decade. This, in spite of the approximately one thousand new home economics graduates embarking on professional careers each year. Does this reflect merely a failure of communication or do the activities of the national association fail to have significance to the graduates of today?

CHEA operated for many years on minimal resources. The embarrassingly low fee structure (for example, it was 1960 before the annual fee reached $10.00) and the infrequency of communications and meetings must have frustrated association officers anxious to further action programs and professional awareness. The loose affiliation with regional groups that has developed is such that, in contrast to practice of other associations, increasing strength at local level does not translate into increased membership at the national level; in fact, it may replace or reduce support for the national group.

Greater specialization within home economics has strengthened our field of study and opened new areas of employment. At the same time, this challenges CHEA in the services that can be offered to a very diverse group of specialists. Membership in a specialist group may be valuable, even mandatory. Yet the necessity of belonging to more than one professional group is not unique to home economists.

What should be the direction of CHEA in the eighties? Goals for the future included expanded services to members, a strong voice on behalf of the profession and active involvement in the many public concerns that touch on our discipline. We must continue to strengthen the many positive aspects which have been mentioned. Structure and communication within the association have been recently improved and can be made even more effective. The mid-year board of director's meeting which was tried on an experimental basis in January 1979 provided a valuable stimulus that hopefully can be continued.

The move to provincial registration, presently under active study in several provinces, will publicly recognize the professional status of the home economist. It provides opportunity for the national association to consider such fundamental issues as code of ethics, academic guidelines and continuing education provisions.

Communication is the outstanding challenge. This includes providing information to members, public relations with the community, involvement with public policy decisions (often in cooperation with other groups), personal consciousness-raising of all home economists with respect to individual impact on the public image. (Closet home economists, please come out of hiding!)

The Board of Directors 1978-80 plan to do their utmost to insure that the 50th Anniversary of CHEA is celebrated from a position of strength.

Dedication to an Ideal

A total of 75 charter members paid membership fees to join the Canadian Home Economics Association at the founding convention in Winnipeg, July 4-6th, 1939. In recognition of their commitment to a professional association and their confidence in CHEA, and to provide a nucleus of funds to carry on operations, 18 of the charter members became life members of the fledgling association. This was indeed dedication to the idea of a national voice for the profession of home economics in Canada!

The story of the birth of the Canadian Home Economics Association written by Evelyn Ames appeared in the 25th anniversary issue of the journal, June 1964. Sparked by the initiative of the Manitoba Home Economics Association, (with special mention of Mary Moxon MHEA president '37-'38, Katharine Middleton president '38-'39 and Anna Speers convention chairman) representatives from 12 regional home economics groups from across Canada met together and boldly and enthusiastically voted for the formation of the national association. The 116 registrants included university and high school teachers, dietitians, extension and business home economists, newspaper food editors, homemakers and a few university students. As one charter member expressed it[1], the organizers had "imagination and vision to see how nation-wide cooperation between the home economists of Canada could widen the scope of effective activity and increase the impact of their efforts . . . Miss Anna Speers and Miss Katherine Middleton . . . gave leadership and direction to, and sparked the beginning of, . . . the founding Convention in Winnipeg in the days of early July, 1939 . . . That the convention occurred, and that it was successful, was a credit to all those involved in the planning and the work. For their inspired leadership and their determined perseverence, all Canadian home economists owe to Katherine Middleton and Anna Speers, a great debt of gratitude." In 1979, from the vantage point of 40 years of activity, we can say that enthusiasm and dedication and vision have been on-going qualities among those who have served leadership roles in the Association.

We salute those charter members who have maintained their contact with CHEA through these 40 years and for their many contributions to home economics and to the Association during this time. We venture to suggest that the well-being of the home economics profession and the boldness and enthusiasm of the present membership are of continuing interest to many of this group who voted for a national organization on July 4, 1939.

Our Charter Members

Jean Alexander
Evelyn Ames
Mrs. Norman Amos (née Hutchinson)
Mary Attree
Robina Baird
Mrs. A. R. Birt
*Charlotte S. Black
Florence Brownridge (née McLauchlin)
*Mrs. E. E. Buckley (née Raphael)
Laura Bucknam
Doris Campbell (née Short)
Maryon Chapman (née Huntley)
Norah Cherry
Mrs. L.M. Coss (née Faulds)
Ruby Crealock
Alice Cuthbert
Eva Davis (née Allen)
Flora Rumball Davis
*Ruth Dean
Mrs. D. R. Doig
Miss M. Dowler
Edith Elliott
Mrs. P. Elviss (née Reid)
Audrey Ensminger (née Watts)
*Miss C. Fisher
*Anne Forsythe
Noel Fowler
Mrs. S. E. Grey
Gertrude Griffin (née Long)
Clara Groff
Mrs. J. D. Guild
Mrs. T. L. Guild (née Kelso)
Leslie Hancock
*Mary Hiltz
Marie Holmes
Marjorie Hutton (née Peto)
Mrs. T. A. Johnson
Meta Lamont
Mrs. W. R. Lesle
Isabel MacArthur
Bessie McCuaig
Eleanor G. McFadden
Hazel McIntyre
Frances McKay
Rae McLeod (née Kernaghan)
Jessie L. McLenaghen
Florence McMillan (née Thurston)
*Kathleen McMynn (née Rutherford)
Miss E. Mason
*Katharine Middleton
*Edna Milton (née Patrick)
*Mary C. Moxon
Laura J. Ogletree
Lenora Panton
Mabel Patrick
*Bertha Peterson
*Louise Pettingell
*Isobel Robson
Miss S. Schwalm
Betty Sibson (née Grey)
Mrs. A. Smith (née Livingstone)
Mrs. H. P. Sommerfeld
*Anne Speers
Audrey Sproull
Savella Stechishin
Miss M. M. Stewart
Iva Stewart (née Halsall)
*Jessie Stewart
Alice M. Stevens
Mrs. G. B. Stillwell
Lil Swan (née Johnson)
Miss N. Thompson
Lillian Townsend
Margeret Withrow
Mrs. G. W. Wood

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[1] Peterson, Bertha "A Tribute" Canadian Home Economics Journal, Vol. 14, no. 2, June 1964.

**Charter members still on the Canadian Home Economics Association membership list.*

CHEA Conferences

Issues of Concern

The 25th Anniversary of the Canadian Home Economics Association was marked by a special issue of the Journal. At that time, Miss Mary Moxon, a charter member wrote an article entitled "Convention Recollections" in which she recalled the highlights of some of the early conferences and particularly of the founding Conference held in 1939. It seems fitting at this time to look back at the forty years of our existence as an association to see what we can gather from the convention programs as to the concerns and important issues throughout the years. Eager to develop a professional image, home economists often question the relevancy of home economics. Is an emphasis on outdated skills evident from past CHEA convention programs? Has CHEA kept up-to-date?

Throughout the years, there have been 18 biennial conferences from 1939 to 1974. By 1975, it was felt that greater communication among members was desirable and annual meetings were initiated. The conference to be held this summer in Newfoundland will be the twenty-third conference but only the fifth annual conference of the Canadian Home Economics Association.

Toronto leads in being the only city that has hosted four CHEA Conferences: the wartime conference of 1943, the incorporation conference of 1954, the joint CHEA/CDA Meeting in 1970 and the 1976 meeting immediately preceeding the IFHE Congress in Ottawa. Winnipeg can claim to have planned four conferences as well, however, due to post war conditions, the conference planned for 1945 did not materialize. The founding conference in 1939, the twenty-fifth anniversary convention in 1974 and the 1977 conference were all staged in Winnipeg. Montreal can take credit for two firsts: it was the first city to invite the CHEA and CDA to a joint conference in 1950. As well Montreal was responsible for planning and hosting the first annual conference in 1975. Aside from these, the conference in 1966 was also a Montreal event. Ottawa staged the 1962 CHEA Conference as well as the 13th Congress of IFHE. The provinces of British Columbia, Alberta and the Atlantic provinces as a group, staged three conventions each, Saskatchewan, two.

Throughout the years, CHEA has collaborated with other organizations to hold joint sessions. The first of these was done in a very informal basis for part of the program only in Victoria, in 1941 when CHEA joined the Business and Professional Women's Club. CHEA joined CDA in Montreal in 1950 and again in Toronto in 1970 for joint meetings of both organizations, thus greatly increasing the number of people attending the conferences.

Concerns Changed Through the Years

In attempting to identify the general concerns of the Association throughout the years, it was deemed advisable to examine the programs as printed in the *CHE Journals*. While the more recent conferences identified general overall themes, some of the earlier conferences did not state a theme as such, hence it was necessary to study the programs in an attempt to identify the concerns of the day. It was hypothesized that the concerns of CHEA have changed through the years and are reflected in the topics discussed at the various conferences.

While differences in focus are clearly visible over the years, far more similarities can be detected than were expected. One of these concerns centers around the membership. Forty years ago, CHEA counted 75 chartered members. At many succeeding conferences, concern was expressed regarding the need to increase the membership. Dr. D. Runciman, president 1945-46 is quoted as stating that "it is hoped in the years ahead, membership in CHEA will become of more importance to home economists in obtaining and holding professional positions". Dr. E. Rowles, president '50-52 stated, "We must double membership within the next few years so that we can increase circulation of a journal, establish a travel pool, employ an executive director and adopt a policy to help married home economists keep in touch with CHEA". In 1962, Miss G. Gerlach then president felt that CHEA should increase the membership to 1000 and thereafter experience a steady increase of 5% per year. And so it goes — through its 40 years, the problem of membership has been voiced over and over again. The report of the first semi-annual board meeting in Winnipeg in January 1979 recorded that the Board accepted the challenge of getting 3000 members by 1980. Indeed! echoes of the past!

Another concern which runs throughout the history of CHEA is the need to have a mechanism for taking stands on issues and for drafting, and forwarding resolutions, representative of CHEA, to appropriate agencies. Much of the work of the structure committee in the '70's stemmed from the same expressed need to have the proper channels of communication so that as an association CHEA can identify and study issues, prepare statements as to the stand of the association relevant to those issues and through them have a voice in the policy making process.

The convention programs of the 40's reflected a concern to get to know fellow home economists and the professional positions which they were holding. World War II was declared when CHEA was only a few months old. Hence the first years were war years. The membership grew surprisingly well in that decade, the membership fee rose from two to three dollars a year. At the conference in 1943 in Toronto, the focus was on home economists in the armed forces. Miss Moxon alludes to the friendliness of those early conferences and to the development of an awareness of the scope of home economics across Canada and on the international scene. There were numerous references made to the constitution as well. Undoubtedly, there is strong evidence that the conferences in Winnipeg (1939), Victoria (1941), Toronto (1943), Digby, N.S. (1946) and Calgary (1948) had as a primary goal that of members getting to know each other, to appreciate each other's situation, to develop an association which would provide the channels for working together for the benefit of all Canadians.

Putting the House in Order

The conferences of the 50's took a decided turn to the association itself. It can be said that in the decade CHEA was putting its house in order. Work was undertaken to establish a quarterly journal. A committee chaired by Miss Helen Wilmot was charged with the development of a suitable crest for the association. Recognizing the role of young people in CHEA, a new standing committee, on College Home Economics Clubs came into existence. Much emphasis was placed on affiliation with other national and international organizations as well. The affiliation with the Canadian Dietetic Association was considered of such value that a joint CHEA/CDA Conference was held in Montreal in 1950. The 1954 Toronto conference was the happy occasion when the members voted in favor of incorporation. A national office was opened in Ottawa and henceforth the business of the Association was dealt with through this office. The fifties also evidenced concern about the need to establish scholarship funds and standards for the profession. Home economists were holding positions in business; television was becoming more and more a means of communication for home economists. CHEA also went through a stage of ego diffusion. A special committee called the definition committee, was asked to define the field of home economics and the term home economist. There is little doubt that the meetings of the 50's held in Montreal (1950), Saskatoon (1952), Toronto (1954), Vancouver (1956) and St. Andrews by The Sea (1958) all ushered in a tremendous amount of organizational work and a growing concern for the welfare of the home. The 50's saw the membership grow to 1000 and the membership fee from three to five dollars.

Home and Family

The focus of the conferences in the 60's held in Edmonton (1960), Ottawa (1962), Winnipeg (1964), Montreal (1966) and Regina (1968) appeared to centre more and more on the home and family and on the new developments in all areas — food, housing, continuing education, textiles, nutrition, etc. In the 60's CHEA experienced a levelling off in the membership around 1200 members. The membership fee itself rose from five to $15. The general trend of concern appeared to develop more and more on new developments and their effects on home and family.

The 70's were ushered in by the Toronto (1970) CHEA/CDA joint conference with the theme *Challenge of Change*. That theme remained foremost through the decade. The Halifax (1972) conference concentrated on the changing role of women. The Vancouver (1974) meeting dealt with issues affecting the quality of life. The 1975 convention in Montreal had the spotlight on women to coincide with International Women's Year. Conferences in Toronto (1976), Winnipeg (1977) and Calgary (1978) dealt specifically with various aspects of change and the role of the home economist as a change agent. There is little doubt that the concept of change — be it economic, technological or social — was the nucleus around which all the conferences of the 70's revolved. It should be noted that in the 70's the membership hovered around 2,000 with the membership fee rising from $15 to $50.

Short Courses

Throughout the 40 years of CHEA various pre and post-convention courses and workshops were held. Nutrition has been the topic chosen on seven or eight occasions. Family life and family life education were dealt with at 3 or 4 conferences. Also studied at different times were textiles, communication, curriculum development, home economist as a change agent, international and professional development. These short courses have been well attended and have enhanced the educational opportunities of members.

In vol. 14, No. 2, p. 63, *CHE Journal,* Miss Moxon comments on the amount of work involved in planning the first conference in 1939. Our charter members appear to have set a precedence and a mechanism in motion. To this day, CHEA has had very active and dedicated people across Canada who, charged with the task of staging a national conference, have mustered up their energies and worked most effectively be it in Montreal, Toronto, Winnipeg, Vancouver or any place else. Every conference committee has made use of local talents, local specialities, local resources to make each conference as unique and memorable as possible.

Spirit of Idealism

In her article Miss Moxon also remarks on the spirit of idealism which permeated the committee in charge of the founding conference. The same feeling of idealism has been alive and well through the years. In 1959 faced with a membership revenue of a little over four thousand dollars, CHEA was cashing bonds and opening a national office. In the 50's and 60's, this Association was making plans for a scholarship fund when in 1962 the sudden death of Mary A. Clarke at the Ottawa conference struck a note of sadness. CHEA moved quickly to keep her memory alive through a scholarship which at the time seemed to be a giant undertaking. Only ten years later, however, in Halifax, the first Mary A. Clarke scholarship was awarded.

In 1973 CHEA extended an invitation to IFHE to host the congress in 1976 — a task which appeared insurmountable at the time. In 1974 faced with a deficit budget, CHEA agreed to hire an executive director and in 1978, faced with a decreased membership, CHEA proceeded to vote for semi-annual board meetings. Our past is indeed freely seasoned with optimism and idealism.

Dr. M. Patrick, president from 1950 to 1952 stated "A professional organization provides opportunities for advancement through its Journals and also through its Conferences, where members have the opportunity of hearing and meeting outstanding members of the profession, of learning about research and new developments in equipment, books and other tools of the profession and most important of all, discussing professional problems with other members." If one can judge from the programs of the 23 conferences planned in the ten provinces, from Victoria to St. John's, Newfoundland, between 1939 and 1979, indeed CHEA has provided great opportunities to its members to keep current and informed through its conferences.

History of Awards and Scholarships

Soon after professional organizations are formed, many of them make arrangements to show their appreciation by offering some type of honorary award to members for worthy contribution to the profession or to the association. After being firmly established for some years, these same organizations look toward encouraging members or potential members to improve the standard of that profession or organization, by offering scholarships. And so it has been with the Canadian Home Economics Association.

Honorary Awards

In 1943, four years after the Association was formed, plans were made to have the Constitution and By-Laws contain a clause, granting honorary membership for exceptional service. When the CHEA became incorporated in 1954, details were spelled out. Clause 2.(d) then read: "An individual who has rendered exceptional service to the field of home economics may, by unanimous vote of the board of directors, be granted honorary membership in the Association." The interpretation was that active members of CHEA be granted honorary life membership, and non-members be given honorary membership in the Association.

From 1950 to 1958, six people were so honored:

1950 — Miss Mary Urie Watson — Ayr, Ontario
1952 — Mrs. E.B. Rutter — Saskatoon, Sask.
1952 — Mrs. E.E. Amos — Winnipeg, Man.
1955 — Mrs. T.C. Rae — Vancouver, B.C.
1958 — Miss Hazel Stearns — Souris, P.E.I.

Honor Award

It should be noted that the 1954 by-law stated that this honour was for exceptional service "in the field of home economics". At the CHEA annual meeting of 1959 a motion was passed to establish an award "in recognition of outstanding contribution to the Association over a period of years". The important change here indicates that the contribution must be primarily "to the Association".

In the 1966 by-law revision, by-law III.3 now reads: "An active member, in recognition of outstanding contribution to the Association over a period of years, may be awarded a special honorary life membership, subject to the approval of the board of directors". Since it was established, this award has been generally referred to as the "Honor Award".

The first Honor Award was granted in 1960, and presentations have been continued every two years. A list of the recipients follows:

1960 — Dr. Mabel Patrick — Edmonton, Alberta
1962 — Miss Edna W. Park — Toronto, Ontario
1964 — Miss Katharine Middleton — Chicago, Illinois, originally from Winnipeg
Miss Anna Speers — Winnipeg, Manitoba
Miss Charlotte Black — Vancouver, B.C.
1966 — Dr. D. Runciman — Annapolis Royal, N.S.
1968 — Dr. Edith R. Simpson — Saskatoon, Sask.
1970 — Dr. Margaret McCready — Toronto, Ontario
1972 — Miss Ruth Binnie — Halifax, N.S.
1974 — Miss Sally Henry — Toronto, Ontario
1976 — Dr. Elizabeth Feniak — Winnipeg, Manitoba
1978 — Miss Gertrude Gerlach — Ottawa, Ontario

Honorary Membership

In order to retain the constitutional right to honor non-members, a change in the previous by-law was made in the 1966 revision, which reads: "Honorary membership is granted by unanimous vote of the board of directors to a non-member who has rendered exceptional service to the field of home economics".

Only one non-member has been granted an honorary membership since 1958. At the 1976 annual banquet Mrs. Jean Bradshaw, general secretary of CHEA since 1961, was made an Honorary Member of CHEA for her valuable contribution to the Association. During these past 17 years, Jean has had responsibility for the business operation of the National Office in Ottawa.

Centennial Award

In 1967, Canada's Centennial year, various organizations were asked to nominate one of their members to receive the Centennial Medal. Miss Charlotte Black was named as the CHEA choice and was presented with the medal. Announcement of this honor was made at the 1968 Annual Banquet.

Awards Committee and Scholarships

Whenever scholarships are planned, an Awards Committee must be considered, too. It is difficult to separate one from the other; in fact, one usually stems from the other. These will be dealt with concurrently.

At the Board of Directors' Meeting in July 1956, it was recommended that an Awards Committee be struck:

- To investigate the fields of awards available, nationally and provincially, in the area of home economics study and research;
- To establish an Awards Fund within the Canadian Home Economics Association.

Although a committee was formed the following year, records indicate that little was accomplished.

In 1961, the CHEA Finance Committee, located in Ottawa, was given a special three-phase project:

- To review all past minutes of the Association with a view to clarifying the purpose of the Trust Fund;
- To record any reference made to a Scholarship Fund;
- To draft resolutions for the use of such moneys.

A Notice of Motion was prepared and presented at the 1962 Annual Meeting, giving the recommendations of the Finance Committee. With the anticipated 1964 celebration of the 25th Anniversary of the founding of CHEA in mind, the following motions were passed:

- That a permanent scholarship fund be established under the name of the Silver Jubilee Scholarship Fund for the award of scholarships for post-graduate study in matters related to the objects of the Association.
- That such scholarship fund comprise:
  — Trust Fund money. Note: It was later decided to hold this fund in reserve.
  — Moneys held by the temporary Awards Fund established in July 1956.
  — Donations, allocations or accretions from any other source, whatsoever.
- That the said Fund be deposited in such bank or invested in such securities as the board of directors may decide, until the executive determines that the revenue therefrom is sufficient to commence the award of scholarships.
- That a Jubilee Fund Raising Committee be appointed by the executive to raise additional moneys for the Silver Jubilee Scholarship Fund by approaching individuals, associations, companies, foundations, councils, or by any other means; and that this committee submit progress reports as directed by the executive.
- That the duties in connection with such scholarships and awards be carried out by the Awards Committee, established in July 1956, in accordance with any directions of the executive; that the personnel of this committee be increased to six to be representative of as many areas of Canada as possible; that the chairmanship be vested in one person for a period limited to two years; and that the duties of this committee be those of the directives set forth in 1956 which might still be applicable and also to include:
  — to publicize Association scholarships through the *CHE Journal* and through the provincial and regional home economices associations;
  — to make recommendations to the executive on matters pertaining to such scholarships;
  — to make awards to the candidates best qualified;
  — to release promptly to the chairman of the Publicity Committee information suitable for press or radio publicity.

These proposals, concisely and precisely put forward in 1962, tell much of the story of subsequent development of the CHEA scholarship and of the Awards Committee. However, some changes and additions were necessary.

After the sudden and unfortunate death of Miss Mary A. Clarke, which occurred at the close of the 1962 convention in Ottawa, a second scholarship was established as a memorial to Mary Clarke. At the 1963 annual meeting a scholarship fund was set up to handle contributions for both the Silver Jubilee and the Mary A. Clarke Memorial Scholarships. At the same time, a Scholarship Committee composed of the president, vice-president, secretary, and the comptroller of the Fund was formed, to be designated as the "Charitable Organization" required by the Department of National Revenue.

Another change dealt with the Awards Committee, which became the Awards Selection Committee and was established as a standing committee of the Association. Four of its six members are now chosen from the faculties of universities. Additional duties were assigned to this committee: to set up terms of reference for all awards; to receive applications from candidates for scholarships, bursaries, etc.; to receive recommendations for the Honor Award(s); to make recommendations regarding recipients of awards to the executive, who shall be responsible for making the final decision and shall inform the Awards Selection Committee of these decisions.

It should be noted here that this committee is now officially referred to as the Awards Committee.

At the 1975 CHEA annual meeting, the terms of reference of the Awards Committee were expanded to include making nominations of outstanding CHEA members for honorary degrees or national honors.

Scholarship Fund Drive

At the Board of Directors' Meeting in 1963, it was suggested that an approach be made to all graduates for contributions to the Scholarship Fund. In 1964 a full-fledged drive was launched to raise the objective of $50,000, the interest on which would provide funds for a post-graduate scholarship. A total of 9,500 letters of appeal were sent to home economics graduates of all Canadian universities and to all others engaged in the field of home economics.

Laura Secord Cook Book

At the 1965 board of directors' meetings, the Home Economists in Business Section of CHEA explained the plans the HEIB's had in mind for producing a CHEA Centennial Cook Book. The main purpose of the book was to raise money for the CHEA Scholarship Fund. Approval was granted by the board to proceed with its preparation.

A Cook Book Committee was soon formed and recipes were requested from all CHEA members. Those recipes considered for inclusion were thoroughly tested by CHEA members in Montreal and Toronto, and by members of the Toronto Home Economics Association.

After investigating the financial aspects of publishing such a book, the HEIB Section recommended to the executive that the Association accept an arrangement with Laura Secord Candy Shops Limited to produce a quality Canadian Cook Book. A contract was signed with the Laura Secord company whereby the HEIB Section would produce the book in 1966, and royalties to commence on a re-run. The release date of the book was set for November 5, 1966. By early 1970 the first royalties from the second printing were received.

Appeal to Industry

In 1968 a committee was formed to direct an appeal to industry for contributions to the Scholarship Fund. In 1969 an especially designed brochure was prepared, explaining the role of a home economist in business as the strongest link in the chain between industry and the consumer. Copies of this brochure were mailed with 1,500 letters, over the president's signature, to industries in all provinces.

Award of First Scholarship

In June 1971, when contributions from these three sources — the Fund Drive, the Cook Book, and the Appeal to Industry — had reached more than $40,000, a decision was made to grant the first scholarship at the 1972 convention in Halifax. It would then be ten years since the first permanent scholarship fund was established in CHEA. By the time this first award was given, the fund had grown to $45,000.

By the end of the 1977-78 fiscal year, the fund had reached almost $58,000, even though a total of ten scholarships had already been granted. Now that the income from this amount is sufficient to grant two awards a year, the Scholarship Fund has become self-sustaining.

The CHEA Scholarships

The Mary A. Clarke Memorial Scholarship and the Silver Jubilee Scholarship, each for $2,000, are advertised in the *Canadian Home Economics Journal* and through brochures distributed to all Canadian universities. Application forms are available from the CHEA national office in Ottawa. All forms submitted are forwarded to the Awards Selection Committee which judges the applicants on their scholastic ability, their personal qualities, and their past and/or potential contribution to the profession of home economics.

The following list indicates the awards granted and the winners:

Mary A. Clarke Memorial Scholarship

1972	Florence Swan — Fredericton, N.B.
1973	
1974	Nelma Fetterman — Edmonton, Alta.
1975	Gayle Hoover — Stirling, Ont.
1976	Brenda Elias — Guelph, Ont.
1977	Cherly Malmo — Edmonton, Alta.
1978	Nancy Kerr — Edmonton, Alta.

Silver Jubilee Scholarship

1973	Susan Bain — Stratford, Ont.
1974	Wanda E. Young — Saskatoon, Sask.
1975	Judith Wainwright — Winnipeg, Man.
1976	Margaret Hope Ellison — Charlottetown, P.E.I.
1977	Gayle Hoover — Stirling, Ont.
1978	Linda Pickard Beardall — Toronto, Ontario.

The Carnation Company Incentive Award

In 1971 the Carnation Company of Canada decided to grant a Carnation Incentive Award "to a graduate in home economics from a Canadian University who is planning to undertake graduate study proceeding to a higher degree. Special consideration will be given to a student undertaking post graduate study in foods or food science". Each year the CHEA Awards Committee has been asked to make the selection of the winner from the applications received. The award is now $500.

A list of the awards winners follows:

1971 — Susan Margaret Braid — Winnipeg, Man.
1972 — Joyce MacKay — Vancouver, B.C.
1973 — Elizabeth Johnson — Wolfville, N.S.
1974 — Mary Butler Bush — Guelph, Ont.
1975 — Heather Martin — Edmonton, Alta.
1976 — Karen Lapsley — Pierrefonds, Que.
1977 — Mary Jane Muise — Halifax, N.S.
1978 — Tanis Root — Invermore, B.C.

The Ruth Binnie Scholarship

Early in 1977 the Canadian Home Economics Association learned that Miss Ruth Binnie, our 1972 Honor Award winner, had left instructions in her will for a very generous bequest to the Association. It was stipulated that scholarships derived from the income of this money "be awarded to a person who has a high commitment to teaching and to the profession, one who will follow the principles and practices of home economics education in teaching junior and senior high school students". The first Ruth Binnie Scholarship, for $2,500, was awarded in July 1978 to Carol Mayer McLean of Edmonton who is now working on a Master of Education degree. For 1979, two Ruth Binnie Awards of $3,500 each are being offered.

In Conclusion

During the years of appeal for funds for the CHEA Scholarship project, response was most rewarding. Appreciation has been expressed to the many people who have made contributions to the fund, and also to those whose imagination and effort have resulted in the establishment and growth of the fund. We continue to be most grateful to them.

CHEA National Office

Nola Wade
Executive Director

For the first twenty years of its existence, the Canadian Home Economics Association was without permanent headquarters. At its annual meeting held in Saskatoon in 1959 however, the finance committee was "empowered to realize bonds up to the value of $3,500.00 to be utilized in the setting up of a permanent office in Ottawa to be in operation by the end of the fiscal year". Discussions were undertaken with other women's organizations, after which an office at 78 Sparks Street was rented, beginning March 1960 at a rate of $50.00 per month. This building was later demolished.

Files, records, and back copies of the *CHE Journal* were shipped to the office from across the country in order that these could be kept in a central location. The fees officer, Mrs. Dorothy Hogg, shipped filing cabinets and membership records from Toronto; a typewriter and stand owned by the Association were sent from Edmonton. Other necessary equipment was purchased; most of which is still in use today.

A decor committee was established to encourage donations of funds and gifts to add a professional atmosphere to the office. Affiliated groups, individual members, businesses and friends helped to make this committee's work a success.

During the first year, the post of general secretary was held briefly by two persons. In April 1961, Mrs. Jean Bradshaw was appointed to the position of general secretary, a post which she has held ever since. So well has she functioned in that capacity that she was awarded an honorary membership in the Canadian Home Economics Association in 1976 at the Toronto Conference.

Miss Gertrude Gerlach, who had chaired the Finance Committee in 1959 was President of CHEA when the National Office was opened. She and Jean Bradshaw labored long and hard in setting up a comprehensive filing system to accommodate the various records and a very efficient accounting system. Both systems have served the Association well throughout the years.

In May 1966, the office was moved from 78 Sparks Street to Room 901, 151 Slater Street in the new Burnside Building. Since that time there have been two other moves within the building made necessary by the increased membership which peaked over two thousand in 1977. More space was required for staff, storage and the day to day operation of the Association. In April 1972, the office moved to Room 409A and in October 1976, to its present location in Room 203. From one paid staff member, CHEA has expanded to three. Stenographic assistance was needed periodically in the early years. In 1974 Mrs. Mabel McCauley was hired as a part-time stenographer.

With the seventies came a growing feeling on the part of many that CHEA should have greater visibility; that it should be so structured as to take active stands on pertinent social issues and that, in general, the addition of an executive director would enhance greatly the efficiency of the Association in promoting the well-being of individuals and families. At its meeting in July 1972 in Halifax the CHEA board of directors set up an ad hoc committee to consider the feasibility of establishing the position of executive director of the Association. Dr. Elizabeth Feniak was appointed chairman and set up a small Winnipeg-based committee with corresponding members in every province. Other CHEA members offered opinions and suggestions.

A 30 page report of the study was presented in June 1973 and the committee recommended that, as a pilot project, an executive director be appointed on a full-time basis for the period 1974-76. The financing for the project was to be by a combination of the following:

- a determined effort to increase membership
- a special appeal to life members, other home economists and donors from business and granting agencies
- use of available trust funds
- other means of improving the financial situations (special project, conventions, etc.)

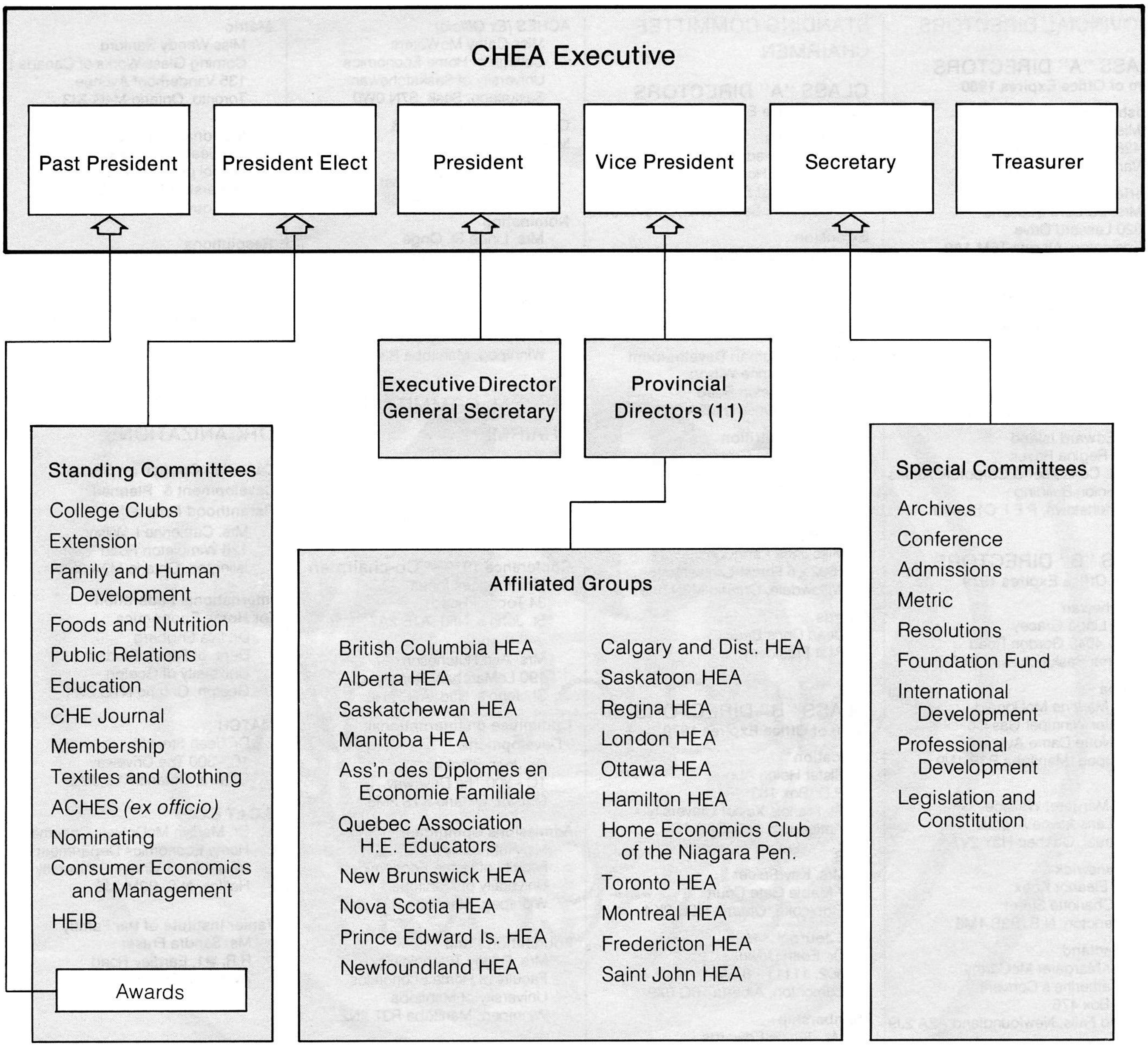
In March 1974 a Selection Committee, chaired by Miss Jennifer Welsh, was established. The position was widely advertised, and four applications were received. Interviews were held in Ottawa with three of the applicants and in November 1974 Mrs. Nola Wade assumed the position for the period of the pilot project. In 1976 the Executive recommended that the position be made a permanent one and that Mrs. Wade continue in the position.

Jean Bradshaw
General Secretary

Administrative Structure

Canadian Home Economics Association

1979


CHEA Executive
Past President
President Elect
President
Vice President
Secretary
Treasurer
Executive Director General Secretary
Provincial Directors (11)
Awards

Standing Committees

- College Clubs
- Extension
- Family and Human Development
- Foods and Nutrition
- Public Relations
- Education
- CHE Journal
- Membership
- Textiles and Clothing
- ACHES *(ex officio)*
- Nominating
- Consumer Economics and Management
- HEIB

Affiliated Groups

- British Columbia HEA
- Alberta HEA
- Saskatchewan HEA
- Manitoba HEA
- Ass'n des Diplomes en Economie Familiale
- Quebec Association H.E. Educators
- New Brunswick HEA
- Nova Scotia HEA
- Prince Edward Is. HEA
- Newfoundland HEA
- Calgary and Dist. HEA
- Saskatoon HEA
- Regina HEA
- London HEA
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*Non-voting members

Home economists encouraging ethnic groups to continue making their indigenous crafts.

Photo Courtesy of C.F. Bentley

Contribution of Home Economics to Rural Development*

Lila Engberg, Ph.D.
University of Guelph

A stable rural population which finds satisfaction in its mode of life is essential to the prevention of world wide hunger and to massive over population in urban areas. Increasing migration to urban areas shows the lack of satisfaction with rural life felt by many rural men and women as they contrast their living conditions with those living in towns. Nevertheless, whether they like it or not, for many people and for a majority of women, life will continue to be rural with the family unit drawing its livelihood from the land and depending heavily on the woman's contribution towards family well being.

It is critical to acknowledge the importance of the family in rural life and the fact that rural women increasingly produce and provide most of the goods and services used by the family. In many countries, rural women have major responsibilities for many aspects of food and income production. For example, in Greece and many other countries they are responsible for small animal care, for dairying, for the family food crop, for processing and storage of food and for working as unskilled laborers on the local cash crop. In African countries they have responsibilities for trading and marketing. In addition, women, world wide, are responsible for the management of family resources, for the maintenance of the locally accepted standard of living, however meager, and for the physical well-being of their children and elderly relatives.

We are all aware that world efforts at rural development have not so far been successful, that living levels in most rural areas are declining or stagnant and that there has been little or no improvement in nutritional level for most rural people. There is less general awareness of the unfortuante impact of development policies on the welfare of rural women. Perhaps because women's work is reflected only marginally in labor statistics and because the proceeds of cash crops have been controlled usually by men, development programs largely have ignored the vital role women have played in food production and family maintenance. In consequence, women have generally been excluded from educational assistance planned to improve their basic skills in agriculture, food storage and marketing. Moreover, while major attention has been given to the improvement of agricultural technology to increase crop yield, little concern has been shown for ways of improving living conditions of rural families which would reduce both the time and labor of women and the incidence of ill health among family members.

This statement was developed by the International Federation of Home Economics' Committee on Rural Development.

The 1975 U.N. world plan of action . . . cites the urgent need for increasing literacy and civic education for all women in rural areas.

The 1975 UN World Plan of Action speaks directly to problems of women and families caused by the pressing social and economic problems brought about by uneven development. It emphasizes the role of women in meeting the basic human needs of food, clothing and shelter, cites the urgent need for increasing literacy and civic education for all women and the extension of basic technical and vocational education to women in rural areas; it stresses the need for provision of sanitation, nutrition and family education and recognition of the economic value of women's work in the home, in domestic food production and marketing and in other voluntary activities not traditionally remunerated. It also emphasizes the importance of developing time and energy-saving devices to help reduce the heavy work load of rural women.

It is essential that home economics plays a vital role in helping to accomplish this plan of action. The professional home eocnomist has a broad background in social and natural science and considerable understanding of families and the management of family resources. For work as a rural extension agent this preparation is usually supplemented by field experience with rural families, by courses in agriculture and by preparation in methods of non-formal education. Home economists are skilled in helping women with their basic problems of food, clothing, shelter and child care, time labor and income. Their work with families brings reciprocal benefits to agricultural production in the provision of an able-bodied labor force and the healthy citizens capable of effective participation in programs of national development.

The International Federation of Home Economics is a professional organization whose members come from 77 nations in all regions of the world. Nearly half of these countries have large rural populations and meager resources. Members work in universities, training colleges, secondary schools, welfare and health services, farm institutes and agricultural extension services. Together, they represent a potential wealth of knowledge and experience which could be used to great advantage in the solution of problems of rural development most closely concerned with improving family living levels. The strength of the membership lies in their ability to cooperate with each other and to pool their skills for the benefit of families throughout the world.

A few examples of the work of home economists in all the regions of the world will show something of their special competence in helping to solve problems of rural families.

In Africa the Home Economics Extension Service of the Ministry of Agriculture in Ghana has given priority to home production and consumption of nutritious food. The Faculty of Agriculture at the University of Ghana offers both degree and diploma programs in home economics which incorporate agriculture, food science, nutrition and family studies in the curriculum. Graduates of these programs are employed by the Ministry to work in rural areas throughout the country. During their training period they work closely with rural families in a number of villages in order to widen their understanding or rural conditions.

In 1975 a joint research project between the University Home Science Department and the Ministry of Agriculture was instigated to explore methods of improving technology and management practices at household level. Experiments designed to improve rural housing design, vegetable production, food preservation, improved kitchen and household storage arrangements are being carried out at the University and tested at village level with the cooperation of local women.

At the Egerton Agricultural Training College in Kenya, prompted by the work of the PBFL project, both men and women students take courses in nutrition and family life education in preparation for their work in rural development; the women as home economists, the men as agriculturists. This practice has been adopted also by the Village Polytechnics in Kenya. Community development leader training programs in Malawi and several other home economics training programs have emphasized the importance of learning local home and family problems, using traditional methods and materials to help families improve their competencies for participating in rural development. A major task of African home economists has been working with other specialists on the development of projects of the African Women's Training and Research Center.

Rural women increasingly produce and provide most of the goods and services used by the family.

In Europe where the IFHE was first founded, there are many programs of rural home economics which have benefited both their countries of origin and countries in other regions of the world. Of significant importance has been the home economics working party sponsored by ECA/FAO which has undertaken several studies of family needs in different countries, has organized seminars and provided inservice training for home economics staff; it also maintains a close relationship with international agencies for the benefit of rural women and their families.

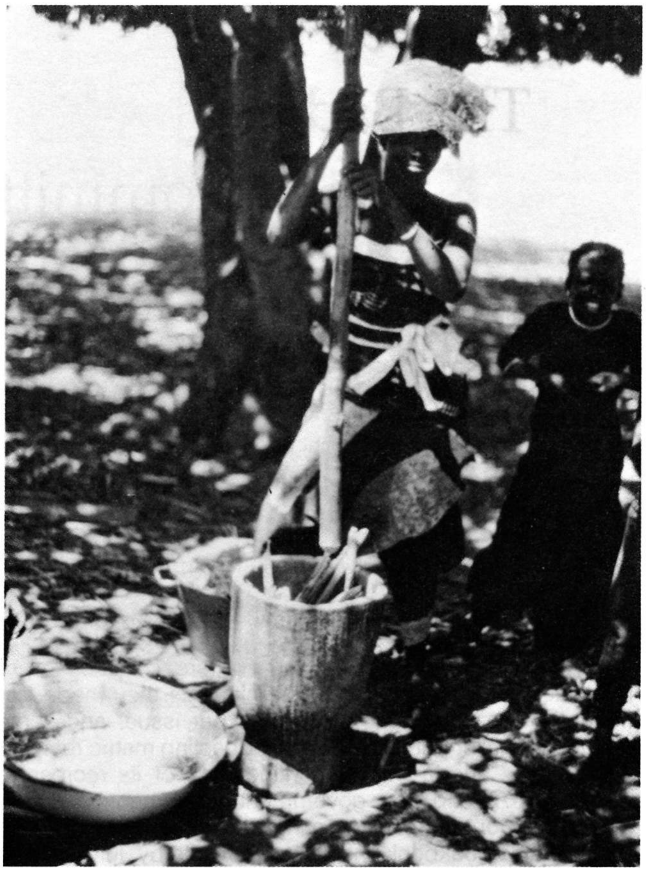
In the Far East region there are many excellent programs of preparation for the rural home economist at both university and lesser levels. One such is at the Malaysian Agricultural University where the curriculum of the Home and Food Technology Department was based on a study of the living conditions and activities of housewives in rural Malaysia; on the nature of the home extension program as a part of the total rural extension program; and the role to be played by the home extension supervisory level staff. It includes general education in natural and social sciences and the humanities, a considerable emphasis on the study of economics and management of family resources, the family and elementary agriculture. In addition, the program includes professional preparation for advanced or continuing education and social service. Field study in rural communities is an important part of the curriculum program.

In Latin America and the Caribbean, where the need for consumer education and home management for rural women is becoming increasingly clear as countries modernize and traditional patterns change, a rural level-of-living survey has been made by home economists in several countries and a variety of programs and teaching methods has been developed and tested in rural areas. The inventories of information developed from this project are a valuable resource not only for home economists, but for all personnel concerned with social education. It has been recognized in this region and increasingly throughout the world that a major task of trained home economists is to work closely with field personnel in many different agencies to help them become more proficient in working with families on problems of resource management of food, shelter, clothing, money or energy.

In the Near East region, the family has always been the primary element for economic cooperation and social organization, with women as unseen partners in the family enterprise. Currently, living practices are changing and recent legislation has attempted to provide greater freedom of action and decision making for women. Home economists are needed to help women and families improve their living conditions in a way that is compatible with cultural beliefs. Much has been done in Egypt and in Lebanon to establish professional training in home economics. Some countries such as Jordan, have developed excellent programs at elementary and secondary levels, while others, such as Saudi Arabia are progressing quickly in developing a unified plan for home economics at all levels both urban and rural.

In the USA and Canada there has been a variety of home economics programs for rural women for many years. The USDA cooperative extension service has developed a strong program of home economics through the state universities, which conduct rural programs throughout the country. Other government and private agencies in both Canada and the USA concerned with health, education, welfare and the consumer employ home economists extensively. In recent years, particular attention has been given to reaching the rural poor through the training of local leaders. Many rural home economists in both Canada and the USA have had the advantage of working with home economists in developing countries through a variety of international agencies.

The IFHE draws its membership from home economists in both developing and developed countries. Many members have extensive rural experience and thereofre have unusual potential for effective action in cooperation with international agencies with a rural focus. The Federation has already had successful experience with projects in cooperation with major international agencies and is interested in expanding this work on rural development projects of mutual interest.



Sengalese women pounding millet for day's food

Photo Courtesy of C.F. Bentley

It is clear that the problems and needs of rural women must be faced and overcome by those who make rural development policies. The rural home economist is well equipped to communicate with rural women and help them to clarify their needs and to work as a group in seeking action towards a solution. She is also able, by virtue of her education, to communicate the needs and problems of rural women and families to her colleagues and superiors and to assist with rural development planning which will bring about improvement. The home economics leadership group in every country should have active participation in deliberations concerning rural development policy.

The International Federation of Home Economics is a professional organization whose members come from 77 nations of the world.

The IFHE membership believes that insufficient consideration has been given, in the past, to the positive and essential role of home economics in rural development. The time has come for immediate use of the talents and skills of experienced home economists if rural development policies are to successfully overcome the present problems of declining living levels, growing hunger and dissatisfaction in the rural sector. ■

The Good, The Bad, The Uncommitted

Michelle Albany
CHEA Metric Committee

"Metric recipes." Upon reading these words, you'll either sign in exasperation with the writer because you're already comfortably using them, or you might feel a twinge of guilt because you haven't yet started to try to work with metric recipes. If you belong to the former, you deserve a round of applause; if you belong to the "guilt twingers," well — there's no better time to start than right after reading this update!

First, let's look at the **good** things that have happened. Since March 1978 (Public Awareness Month for Metric Recipes) work on metric recipes has been slowly, but gradually gaining momentum. Many companies are now issuing a greater number of metric recipes in booklets, press releases, educational materials and on packages. Most secondary school boards are well into metric food laboratories. Food editors and writers of the larger publications are keeping the commitments they made last March of one or two metric recipes per issue, and some editors of smaller publications are requesting metric recipes. Agriculture Canada will be printing 75% of its recipes in metric in 1979, and other government departments and food marketing groups are also tooting the metric horn. Our own CHEA metric cookbook should be available by July (believe it!). For educational purposes, it will be very timely with the start of the fall school semester. For consumers, it will make a delightful Christmas gift. Congratulations to the persons responsible for all of these positive activities this past year.

And now for the **bad** . . . for one thing, time is running out! 1980 is still the target date for food package directions to be completely metric. This means less than a year to motivate the consumer to try her first metric recipes and feel comfortable with the new package directions as they make their appearance on the market.

It's great to see metric recipes but when one finds errors, e.g. 45 mL of butter, the correct metric recipe style and procedures should be pointed out to the author. We all have a responsibility to ensure that recipes developed, used and printed are metrically correct. In addition, each of us should be attempting to use an increasing number of metric recipes as the year goes on.

Indications are that some post-secondary institutions are not so advanced in metric food laboratory as are the high schools. It's crucial that this and next year's graduating home economists be completely familiar with metric recipes.

Some home economists report difficulty in finding the correct metric measures. Once again, it is up to us as metric-conscious consumers to ask a store manager for metric measures or to draw his attention to any which may be incorrect. The CHEA Metric Committee makes available a free metric resource brochure which names reliable suppliers of metric materials. Each of us should have a copy of this. We could suggest these names to local retailers who are not presently stocking correct metric measures.

And now for the **uncommitted** and the "guilt-twingers." There is a lot to be said for the strength of the CHEA membership. If each of us makes a personal commitment to become familiar with metric recipes and to help at least one other consumer — mother, friend, sister or husband, then many more people will be cooking enthusiastically in metric in 1980.

Why We Did It

With the beginning of the new year, the Canadian Home Economics Journal Committee established a new format. The reasons for this were considered carefully before the "New Look" was designed. These could be classified as economy, growth and celebration.

The economic reason that influenced the committee was the recent trend in both Canada and the United States toward using the selected size because of conservation of paper. Time and money are saved in terms of type-setting and printing when there are more words on a page. Futhermore, the advertisers who help to support us, prefer the larger size. The quarterly issues this year are seasonally named — winter, spring, summer and fall to facilitate mailing.

A factor which further helped the committee decide on the present format was the celebration this year of our fortieth anniversary as a Canadian association. The Journal Committee offers this new dimension as a landmark for the members to cherish.

As for the tree on the cover, watch it —

AS CHEA GROWS!

Abstracts of Current Literature

Submitted by
Faculty of Home Economics
University of Alberta

PREPARATION FOR TEACHER-BASED RESEARCH: A REPORT OF AN IN-SERVICE COURSE.

R. G. Burgess
1978
British Journal of In-Service Education, 5 (1), 14-19.

Traditionally, in education research, the role of the researcher has been held by the social scientist from a university, while the role of the researched has been played by the classroom teacher. In general, teachers have questioned the relevance of such research problems, processes, and projects for their day to day work. Burgess agrees saying that many problems on which researchers choose to focus are concerned with complex theories of teaching rather than classroom practise. As a result, teachers often find the usefulness of such research hidden in the jargon and methodology which makes the results inaccessible to them.

The solution proposed by Burgess is to equip teachers to act as their own researchers in their own classrooms and to do this through in-service. The course outlined by Burgess is a twenty week course designed to illustrate ways in which teachers could become involved in collecting and analyzing data concerning questions that could be posed in their own classrooms.

Aims, basic course outline, activities, research techniques and appropriate readings are provided in this article. Practical work includes, in large part, the technique of participant observer. Structured and unstructured interviewing also plays a part. Burgess found that the research activities in which the teachers became involved often held implications for their professional work. When research reports were discussed with others, teachers often found colleagues giving much practical advice.

Based on his experience, Burgess offers some suggestions for implementation of future courses. One such suggestion is the use of video play back to improve techniques such as structured and unstructured interviewing.

Opportunity to examine the form and content of research was the main outcome of the course. As a result some of the research myths and mystic were overcome. Teachers received training and skills to research their own problems and they discussed with, and benefited from, colleague feedback. Anyone interested in a movement toward preparing teachers to conduct their own research and to evaluate their own classroom practices should find this article most helpful and encouraging.

Verna Lefebvre

CLOTHING AS COMMUNICATION

L.B. Rosenfeld and T.G. Plax
1977
Journal of Communcation, 27: 24-31

Building upon Aiken's earlier (1963) work, Rosenfeld and Plax investigated the relationship between dress and personality for males and females. Four clothing variables indicative of mid-1970s clothing behaviors for males and females were identified: (1) clothing consciousness; (2) exhibitionism; (3) practicality; and (4) designer. On the basis of their responses to the 17-item Likert type scale measuring these clothing variables, 122 male and 118 female university students, randomly selected from a basic communications class were divided into four groups: (1) high males; (2) low males; (3) high females; and (4) low females when their scores were compared with the mean on each of the clothing behavior variables.

The 240 subjects also responded to seven psychological instruments including the California Psychological Inventory, Edwards Personal Preference Schedule, Allport, Vernon and Lindzey Study of Values, and the Tennessee Self-Concept Scale. A total of 53 variables covering needs, values, and interests were measured by these tests.

Eight stepwise multiple discriminant analyses were performed to determine the personality variables which could best separate the four groups associated with each clothing variable. The percentage of correct assignments of subjects to the four groups ranged from 80.3 for clothing consciousness in males to 74.6 for exhibitionism and particality in males.

When Rosenfeld and Plax analyzed the relationships among the personality and clothing variables for the male and female subjects they found that both males and females scoring high on clothing consciousness seemed to be compliant and anxious while those scoring low were characterized as independent and aggressive. Male and female differences were also noted. Unlike for clothing consciousness, exhibitionism revealed many differences between high scoring males and females and their low scoring counterparts. For practicality, high scoring males and low scoring females shared similar characterizations. Different personality characteristics were displayed by male and female groups on the designer factor.

Rosenfeld and Plax concluded that the personality profiles resulting from this study should help in understanding the importance of clothing as a form of nonverbal communication and provide the basis for more accurate judgements of personality based on clothing behaviors.

Nelma Fetterman

DIETARY FIBER AND OBESITY

T.B. Van Itallie
1978
American Journal Clinical Nutrition, 31 (Supplement): S43

It has been suggested that sufficient fiber in the diet will tend to prevent excessive food intake and depot fat accumulation by decreasing the caloric density of the diet, slowing rate of food ingestion, increasing the effort involved in eating, promoting intestinal satiety, and interfering slightly with efficiency of energy absorption. The increase in the prevalance of obesity in Western countries since 1900 has taken place concurrently with marked changes in the nature of the diet. Per capita intake of dietary fiber associated with starchy foods has greatly decreased, but intake of fiber associated with fruits and green vegetables has increased. Thus, although the type of fiber in the diet has changed, the total quantity may not have diminished considerably. Studies of the effect of caloric dilution with cellulose and other metabolically inert bulking agents have disclosed little or no inhibitory effect on the spontaneous energy intake of nonobese laboratory animals and human subjects. Nevertheless, there is evidence that obese rats and humans may defend their excess weight against nutritive dilution with less tenacity than their nonobese counterparts. The hypothesis that dietary fiber can protect against obesity therefore deserves further testing since an increase in the fiber content of the diet may tend to prevent overeating and excessive weight gain even if it does not reduce spontaneous energy intake in nonobese organisms.

CLOTHING FOR HANDICAPPED CHILDREN: RECENT DEVELOPMENTS

J.M. Lamb
1977
Rehabilitation Literature
38:9:278-284

The developmental potential of children with limitations can be maximized if clothing is functional and fashionable. This article describes a survey of recent research and educational activities in the field of clothing for handicapped children in the past ten years. The author examines three approaches to the problem. First is a description of the work done at Cornell, Nebraska, University of Alberta, Oregon State, Oklahoma State and at the Textile Research Center in Lubbock, Texas in the development of special designs to meet very specific needs of the disabled such as clothing for cerebral palsied children, children with Milwaukee braces etc. . . . Secondly is a discussion of efforts made in the area of adaptations and alterations to ready to wear to meet the needs of institutionalized individuals. Thirdly, the author discusses research done on the development of dressing skills by the physically and mentally handicapped. The author concludes with a statement of need for a wide dissemination of helpful information to the handicapped and their families. Listed are various books and pamphlets as well as available slide series and displays. Since specially designed clothing is difficult to obtain, adaptations to ready to wear or home sewing patterns appear essential. Information related to the selection, adaptations or construction of clothing for special needs must become more widely available to the general public than it is now.

Anne Kernaleguen

THE IMPACT OF PERSONALITY AND SOCIAL STATUS FACTORS UPON LEVELS OF ACTIVITY AND PSYCHOLOGICAL WELL BEING

Linda K. George
Journal of Gerontology, 33: 840-847

The relationship between psychological well being and levels of activity in later life is not a simple one. Any theoretical explanation of that relationship must account for both individual stability in behavior over time and differences across individuals.

One hundred ninety seven white males and one hundred eighty three white females aged 50-76 were drawn from a larger study of adaptation to aging conducted by the Duke Center for the Study of Aging and Human Development. In this study, multiple regression was used to examine the impact of personality variables (from Cattell's 16PF) and social status variables (sex, age, education, occupational prestige, health impairment, marital status and employment status) on psychological well being the levels of activity. The Affect Balance Scale was used to measure psychological well being. Self reports of weekly involvement in various activities were summed to give a general activity score.

The results supported previous findings of no predictable relationship between activity and psychological well being in late life. Activity levels were best predicted by social status variables. Females, relatively younger subjects, people with more education and occupational prestige, who are in better health and are not currently employed, devote greater time to activities. Psychological well being was best predicted by personality traits. People scoring as relatively more conscientious, tender minded, practical, group dependent, relaxed and high in arousal scored highest on psychological well being.

The results suggest the potential importance of personality factors as predictors of individual differences in psychological well being in adulthood. They also lend credence to the correlation previously found between activity levels in later life and social status variables.

Nora Keating

The Toronto Home Economics Association will be hosting the 'kick-off meeting' for the **Ontario Home Economics Association** on April 21st, 1979. Congratulations to Ontario for finally founding a provincial home economics association!!

A conference dealing with the issues of adolescent sexuality, birth control, pregnancy, and sex education will be held at the **University of Guelph**, June 11-13, 1979. This conference will be of interest to teachers, health professionals and social workers. For further details write to Office of Continuing Education, University of Guelph, Guelph, Ontario N1G 2W1.

Book Reviews

HOUSING, FAMILY AND SOCIETY. by Earl W. Morris and Mary Winter. New York and Toronto: John Wiley and Sons, Inc., 1978. p. 331; $10.95

The authors indicate in their introduction the book was written primarily for undergraduate university students studying housing, urban planning or social problems. They further point out — "a considerable portion of the book deals with concepts of sociology, and other social sciences as they apply to the study of housing".

The book is primarily of value to students studying the complexities of housing in the United States, as statistics, references to government policies and programs, etc., all pertain to that country. Some of the coverage on the more general aspects of housing could be extracted and adapted to the Canadian housing scene.

The publication of this book, with its emphasis on American content, further indicates the need for a book written for Canadian university undergraduate students studying aspects of Canadian housing.

The authors are from the Department of Family Environment of Iowa State University.

Reviewed by:
Thelma Dennis
Associate Professor,
Clothing and Textiles Division
Faculty of Home Economics,
University of Alberta

THE NO-NONSENSE GUIDE TO FOOD & NUTRITION by Marion McGill M.S. and Orrea Pye Ph.D., New York: Butterick Publishing, 1978. p. 224; $5.95 (Canada - $6.95)

This book has been written for today's consumer. It begins with a brief history of nutrition and makes some general recommendations for good health. These include avoiding over nutrition, limiting foods associated with heart disease, hypertension, cancer and diabetes as well as conserving food, especially by using less meat protein and more vegetable protein and by using fewer convenience foods.

The book continues with detailed chapters about carbohydrate, fat, protein, minerals and vitamins including functions, food sources, deficiency states and nutritive values. A Recommended Daily Dietary Allowances table, revised in 1974, uses United States values.

Separate chapters cover milk and milk products, protein foods, fruit and vegetables, grain food and fat. Grading and labeling are discussed but again the information given is based on United States Standards. Mention is made of vegetarian diets, giving examples of how to supplement the incomplete protein of legumes. It is stressed that a lacto-ovo vegetarian diet is a better choice.

Prepared cereals are discussed and definitions for various levels of enrichment are given. This group of foods has been greatly distorted by over processing so that many products on the market today do not supply a balance of nutrients.

Convenience foods receive great interest. There are 675 items on the Generally Recognized as Safe List (GRAS), including sugar, salt and pepper. Standards have been established for 23 classes of foods, e.g. milk and cream, bakery products, chocolate and cocoa products and frozen desserts. Many examples are given of intentional additives, such as sequestraints, humectants and anti-caking agents. Convenience foods save time and labour but the nutritive value must be compared to that of the homemade product. Snack foods, e.g. potato chips, have no nutritional concept and are only fun foods for nibbling. Fabricated foods, e.g. coffee whitener, whipped topping or fruit drinks are evaluated. Many are not equivalent to naturally occurring foods.

A final chapter is devoted to choosing a nutritionally balanced diet using the four basic food groups. This plan can be adapted for growing children, pregnant women or older people. It also can be used as a basis for a weight-reduction program. A feeding schedule for infants up to one year of age is included.

The book concludes by stating, "The consumer must develop greater nutrition know-how in today's more sophisticated food world." It is an informative, factual, well-written book. The material included is accurate, clearly stated and pertinent. It would be of interest to anyone who is concerned with good nutrition.

Reviewed by:
Elaine Johnson, B.H.E.
Senior Therapeutic Dietitian
Calgary

THE COMPLETE BOOK OF GOOD HEALTH Edited by Phoebe Phillips and Pamela Hatch. Toronto: Copp Clark Publishing, 1978. p. 320: $13.95.

The book is intended as a total guide for the family on nutrition, fitness and grooming. Unlike the title implies, this book is not the complete guide to health.

The nutrition information given is often inaccurate (e.g. Vitamin D found in meat, lecithin stops cholesterol from forming, soybeans are complete proteins) and contradictory. For example, the vegetarian diet is outlined as a meal pattern without meat and then menus are given which include fish, liver, chicken, bacon, and roast lamb. The conclusion — menus excluding beef are vegetarian. But the major fault of this section is the description and endorsement of almost every fad diet known — high protein, high fibre, low blood sugar, all protein, low calorie, crash diets, etc. Despite the advice to check with the physician, the presentation and information leads to the promotion of nutritionally unbalanced diets and to self-diagnosis in the case of low blood sugar. Advice is given for medical conditions for which there is no dietary basis. The following statement illustrates this — "A sugarless vegetarian diet has been tested for arthritis sufferers because it is less acid, and acids help in the elimination of toxins which contribute to the illness".

The section on grooming suffers from similar problems. Elderly individuals are advised to "get a hearing aid as soon as you realize that you've begun to keep away from other people because you can't understand them anyway". No recognition is given to the need for a medical checkup since not all hearing problems are due to the same cause. Individuals are advised to have their blood pressure checked monthly by their doctor which is not consistent with accepted practice. Women are advised to examine their breasts every couple of months rather than monthly. No mention is made of social workers, clergymen, or community health workers as sources for counseling — only psycho-analysts.

Finally the section on family fitness discusses two areas — exercise routines and recreational activities. Reminders are given throughout to have a medical check-up and not to over do it. Cautionary statements, are missing however from the description of exercises such as scissors, feet raisers, isometric leghold and hyperextensions (potentially harmful to individuals with back ailments or poor back posture) and deep knee bends (harmful to those with poor muscle tone or weak knee ligaments). The descriptions of recreational activities are often inaccurate. A home run in baseball is described as running around the bases before the ball is caught. Canadians will love the description of curling . . . "in Canada it is almost a national occupation".

Because of the superficial treatment of the subject matter and inaccuracies throughout, I do not recommend this book to the public.

Reviewed by:
Bretta Maloff, B.H.Ec., Dip. Nut. R.D.
Nutritionist, Calgary
with assistance from
Ms. B. Eggen, B.N. and
Ms. L. Saunders, B.Ed.

CHILDREN IN CANADA. by Jean Emberley. Hamilton: McMaster University Press, 1978. p. 86; $3.00

This helpful and timely report provides a concise overview of the situation of Canadian children at the present time. There were three main objectives in the preparation of the report namely, to stimulate national and local action designed to benefit the Canadian child, to encourage research on all aspects of child development and to heighten awareness of the shared responsibility all Canadians have for the nation's children. The report was prepared by the author for the National Council of Women of Canada at the request of the United Nations and will doubtless be used to good advantage in this International Year of the Child.

Four main areas of concern are surveyed. These are The Canadian Educational System, the Media, Income Support, Social Services, The Rights of the Child, and Health Care. Many figures and statistics are quoted and although some of the sources are mentioned generally, the report would have been improved by including footnotes detailing source origin. Certainly the information provided will be of considerable assistance to the interested layman as well as to students and teachers at many levels of our educational system. The value-laden subject matter is handled for the most part in an objective manner but, on occasion, observations made do reflect the author's value judgments. Copies can be ordered from Mrs. Jean Emberley, 297 Woodworth Drive, Ancaster, Ontario, L9G 2M9.

Reviewed by:
Phyllis J. Meiklejohn, B.Sc., M.Sc., in Home Economics Educational Consultant, Toraonto.

LIVING WITH HIGH BLOOD PRESSURE. by Joyce Daly Margie and James C. Hunt. Bloomfield, New Jersey: HLS Press, Inc., 1978. p. 309; $14.50

This book provides a common sense approach to the problem of living with high blood pressure. Although it's called a cookbook, it is much more than that; it provides a patient with a readable explanation of high blood pressure and its control through medication and diet. Above all, it stresses the importance of lifelong treatment and regular supervision by a doctor.

Included are balanced meal plans which provide the nutrients required for good health as well as controlled levels of calories, fat and sodium so necessary for a person with high blood pressure. Blank sheets are provided so that personal meal plans can be worked out in consultation with a doctor or dietitian.

Suggested menus are attractive, varied and planned with the family in mind. Recipes are suitable for all members of the family, with or without high blood pressure. Because children of parents with high blood pressure are more at risk, this is an ounce of prevention. Advice and guidance is also given for eating meals away from home and for evaluating and adapting recipes for foods not found in the book.

The information and the recipes are in large print, thus should be easily read by those with vision problems. As recipes are not in metric, standard measures should be used to ensure satisfactory results.

Use of the cookbook should be discussed with the family doctor. Because it was written and published in the United States, there may be some variation or modifications required.

Living With High Blood Pressure is available only through the publisher, HLS Press, Inc., 1455 Brood Street, Bloomfield, New Jersey 07003, U.S.A. Send a cheque or money order for $14.50 in Canadian funds.

Reviewed by:
Karen Webster, B.Sc., H.Ec.
Consumer Counsellor
Federated Co-operatives Limited
Saskatoon, Saskatchewan

Reprinted from the December 12, 1978 issue of The Co-operative Consumer

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Reprints of research and general articles available

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Orders must reach the business manager's desk within 30 days of publication.

If you have a copy of the July issue of the CHE Journal (Volume 28, No. 3) or January, 1979 (Volume 29, No. 1) that you do not need, please send it to Jean Bradshaw at the National Office.

Your CHEA fees are due May 1, 1979.

New Publications and Visuals

Housing Fact Sheets

The Home & Community Design Branch of Alberta Agriculture provides comprehensive information to rural farm families on many aspects of housing. The following topics have been developed into fact sheets:

Household Storage Ideas (Homadex 1728)
Contents include ideas related to: Storage principles, kitchen storage, utility storage, bathroom storage, group living storage, and bedroom storage.

Interior Decorating Series (Homedex 1750)
Ideas on basic design, color, furniture selection, furniture arrangement and accessory enrichment are included.

Window Decor (Homedex 1755)
A 64 page illustrated publication with clear directions for making many types of window treatments. Metric as well as linear measurements are included.

Resilient and Hard Floor Coverings (Homedex 1762-10)
Selection criteria, as well as types of floor coverings are detailed. Charts are included for easy comparisons.

Exterior Finishing Materials (Homedex 1740)
A variety of exterior finishing materials are discussed in relation to application, finishing, maintenance and cost.

Energy Conservation in Home Design (Homedex 1700-70)
Building, siting, and home design are discussed to illustrate ways to minimize winter heat loss and maximize winter heat gain so home heating costs can be lowered.

Solar Energy: Applied to Rural Housing (Homedex 1700-71)
This fact sheet is intended as a simple introduction to the subject of utilizing solar energy for home use. It covers the topics of how solar energy works, solar heating system, solar heating applications in new homes and existing homes, and the current economics of solar energy utilization.

Single copies of the above are available free from:

Home & Community Design Branch
O.S. Longman Building
6909 - 116 Street, 6th Floor
Edmonton, Alberta T6J 4P2

Wallpaper Information Kit

Almost all you ever wanted to know about wallcoverings is included in this kit. Samples of wallcoverings, as well as details on such topics as history, manufacture, type, style, and hanging of wall coverings are included.

The kits are available, free of charge, by writing to:

"Wallcovering Information Kit"
20 Holy Street, Suite 401
Toronto, Ontario M4S 2E8

Winnie the Pooh, Nutrition and You

Winnie the Pooh, Tigger, Piglet, Eeyore, and the rest of the gang are portrayed in this color and sound filmstrip set that introduces basic nutritional concepts to students in the elementary grades. Each filmstrip presents a situation that will teach children how proper food, exercise and setting contribute to sound body and mind.

The collection contains 6 color filmstrips, 6 records or cassettes, a teacher's guide and 12 spirit masters that will help the students follow through on the lessons and put them into practice.

The filmstrip titles are: Balanced Diet — The Need for Variety; Regular Meals; Personal Choices; Mealtime; Special Time; Shopping for Good Health; and Review: The Need for Healthy Haibts.

The full set costs $132, and is available for a thirty day free examination. Order from:

Walt Disney Educational Media Company
500 South Buena Vista Street
Burbank, California 9152

Managing Your Credit

The newest addition to the Money Management series of Household Finance is the new booklet — *Managing Your Credit.*

Included in the 44-page booklet is a discussion on the advantages and disadvantages of using credit, tips on establishing and maintaining a sound credit history, and a special section on women and credit. Various kinds of credit are reviewed, including regular and revolving charge accounts, personal instalment loans, check-credit plans, cash advances and collateral mortgages. A sample credit contract, complete with explanatory notes, will alert you to your rights and responsibilities when signing such an agreement. Advice on handling financial difficulties is also given.

This easy to read booklet can be obtained by sending 50¢ to:

Money Management Institute
Household Finance Corporation of Canada
85 Bloor Street East
Toronto, Ontario M4W 1B4

Educational Material on Clothing & Textile

More than 400 different entries are listed in the new Educational Materials Directory compiled by the American Home Sewing Association. Clothing educators can locate educational materials from 60 companies and associations, resources for in-service workshops, audiovisual materials, and products available at a discount. More than 125 of the entries are starred, indicating that they are the newest available. You can get your copy by sending $1 to:

The American Home Sewing Association
350 Fifth Avenue
New York, N.Y. 10001

(Continued on page 103)

Lact-Aid

A new product now available in Canada, Lact-Aid should prove beneficial to those who are lactose intolerant.

Lact-Aid contains lactose enzyme which breaks down the lactose in milk into the more easily absorbed glucose and galactose. It's available in small packets which can conveniently be added to a litre of milk. The milk is then held in the refrigerator for 24 hours, after which it's ready for use. Lact-Aid causes no change in the nutritional value of milk; the only change is in the sweetness. Though sweeter, it is still acceptable.

The suggested retail price for Lact-Aid is 12 packets for $3.35.

More information on this new product is available from:	Jan Distributing 302 Cliffwood Road Willowdale, Ontario M2H 2E5 Phone (416) 491-6191

Law in Layman's Language

The first plain-language law in the United States went into effect in New York November 1st, 1978. All consumer contracts for less than $50,000, except insurance policies, must be written in "a clear and coherent manner, using words with common and everyday meanings." This law covers most loan, rental, and credit agreements, and carries a maximum fine of $50. The State's largest bank, the biggest rental agent, and Hertz Rent-a-Car were among the first companies to rewrite their standard contract forms.

Hopefully, a move in this direction will soon be seen in Canada.

Banking Services

NOW is a new U.S. banking service which could become popular in Canada. It is an idea similar to chequing-savings accounts, except that it pays much better interest (only 1% below regular savings rates, *versus* the 6% gap current in Canada), and funds can be transferred automatically from a regular savings account to cover overdrafts. The NOW (for Negotiable Order of Withdrawal) idea originated in Massachusetts, and only recently has become legal in all New England financial institutions but credit unions. A bill is expected in the Congress next year to make NOW accounts available at all federally-registered deposit-taking institutions.

What's Behind the Rising Bread Prices?

Though we may have noted the rising bread prices, can we explain the reason for it? The rising prices are due to an increase in the floor price of wheat. As of January 1st, 1979, the Federal Government discontinued the two-price wheat system begun in 1973, through which flour millers paid $3.25 a bushel for wheat, and Ottawa subsidized the difference between world prices and $3.25. The new floor price is now $4.00 a bushel and there is no subsidization. The Bakery Council of Canada predicts the overall effect in 1979 will be to hike bread prices more than 10¢ a loaf. Pasta prices also will be effected.

Sharing the Job — Opportunities for Part Time Work

At the Calgary CHEA Conference, the issue of part time work for home economists was raised. Is there a need, especially for home economists with young families? How available are these part time jobs?

Home economists employed by the Alberta government have created their own part time jobs by sharing between two people the responsibilities and duties of one position.

The Food Marketing Branch of Alberta Agriculture hires a home economist in both Edmonton and Calgary strictly to run its Nutrition-at-School Program in elementary schools in those cities. (District home economists run the nutrition education program, as well as many other programs, in the rural areas of the province.)

Nancy Craig had worked full time in the Calgary office for two years when her son was born. After a four month maternity leave, she returned to her previous job but found the full time work-parenting combination a bit hectic.

Because her job involved only one main project, Nancy thought it could quite simply be shared between two part time people. She submitted a job-sharing proposal in November, 1977 and three months later, a second person was hired.

Soon afterwards Linda Robertson, the full time home economist for the Edmonton Nutrition-at-School Programs, requested and was granted a similar job-sharing arrangement. Nancy Nauss (Calgary) and Barbara Klinke (Edmonton) are their partners.

So far, it's worked well. The job gets done while each home economist still has a half a week to pursue her own personal interests.

Because part time salaried positions presented a few administrative difficulties, Nancy and Linda were put from salary on to a wage system, thus losing the benefits that accompany salaried employees. But the hourly wage system is simple and satisfactory to the four part time people involved.

The job-sharing allows great flexibility to meet peak and slack work periods. Each person works an average of 2½ days a week, but the actual work days within each week may vary, depending on the workload. If there are two meetings scheduled the same time, they're each able to attend one. If one partner takes a holiday, the other covers the job full time for that period.

There's also an advantage when conducting nutrition education workshops which are a big part of the job. Using Ontario Milk Marketing Board materials, the partners will do teacher workshops together, one person handling the K-3 teachers while another has the Grades 4-6 teachers. Previously when one person held the position in each city, she would have to either recruit another helper for the workshop or do it alone which resulted in less guidance for each teacher.

Communication systems have been developed; sometimes it may mean a phone call to the other partner at home, but each person is prepared to devote a bit of extra time to make the job-sharing arrangement work.

Whoever is "on duty" will attend staff meetings, then later pass on the information to the absent partner. Staff development opportunities are shared with about the same amount as given to one full time position.

Work efficiency is high — knowing that a week's work is only 2½ days, the partners come to the office eager and refreshed (none of those Friday afternoon slow-downs!). After all, they've got the best of both a career and personal life.

A Program Possibility

Integrating Consumer Economics Into a Nutrition Course

A new program idea can often spark you or your group into action. In the area of consumer economics, there is often a need to integrate information into other subject matter topics.

A program relating to Nutrition and Lifestyle for the "Over 60's" was developed at the University of Toronto by Barbara Floyd. During the seven week program, it became obvious that one of the most difficult problems for the older shopper was how to adjust to the increased prices of food. The older person has many years to develop fixed habits of spending that are resistant to change. Thus when food prices rise faster than income, the spending of the food dollar becomes doubly difficult.

The techniques that were used in the program to assist the older person were: sharing expenses and cost-saving ideas, recipes were developed and tasted, a mock store was set up to compare prices, cost/serving and nutrient content, and many questions were answered that clarified the myths and misinformation of the participants. Even when teaching nutrition, an understanding of the implications of economic change is necessary.

— New Publications and Visuals

(Continued from page 101)

Painless Sewing — Books for your Sewing Pleasure

That's how two enterprising home economists describe their series of home sewing books aimed at increasing the job of sewing. The clear, well illustrated instructions make these books a valuable addition to a sewing library. Written by Patti Palmer and Susan Pletsch, the books are available on these topics:

Sewing Skinner® Ultrasuede® Fabric ($3.50)

- 80 pages of innovative sewing techniques
- 2 different methods of construction
- clear "how-to" directions and drawings including 2 zipper techniques, 3 hems, and 4 buttonholes
- fabric-saving cutting ideas, easy interfacings, helpful notions

Pants for any Body ($3.50)

- this 80 page edition covers the basics in an easy-to-understand, profusely illustrated manner. Learn about:
- sewing woven and knit fabric pants
- fashion details: an easy fly front, a perfect non-roll waistband

Mother Pletsch's Painless Sewing with Pretty Patti's Perfect Pattern Primer ($4.00)

- how to sew fast
- Time Saving Sewing gadgets
- Updated basics: fibers and fabrics, fusible pressing
- the fit-as-you-sew concept
- instand "no-slash" pattern alterations
- speed tips for sleeves, plackets, bound buttonholes and zippers

Easy, Easier, Easiest Tailoring ($4.50)

- 4 different tailoring methods
- quick lining: a total machine method
- special tips
- no-fail tailoring fabrics
- shaping fabrics
- 2 goof-proof bound buttonholes

These books can be ordered from:

Palmer/Pletsch Associates
P.O. Box 8422
PORTLAND, Oregon 97207
U.S.A.

(add 50¢ per order for postage and handling)

Films On Stress

Coping with stress is a topic that more and more home economists are including in their programs. Two good films are available on this topic.

"Understanding Stresses and Strains"

This is a lively 10 minute color cartoon film that gives an introduction to what stress does to your physical being. It looks at the three sides of health — physical, mental and social. This film is priced at $240 and can be ordered from:

Magic Lantern (West Ltd.)
5137 Holyfield Avenue
Richmond, B.C.
V7E 4Q7

"Stress: The World of Hans Selye"

This is a well-produced 30 minute color film that considers sources of stress as well as the positive aspects of stress. It considers ways a person can deal with stress.

This film is priced at $375 and can be ordered from:

Marlin Motion Pictures
Suite 1212
666 St. James Street
Winnipeg, Manitoba
R3G 3J6

Named to the Canadian Hall of Fame last November was **Helen M. McKercher** of Stratford, Ontario. Helen McKercher, the fourth woman to be named to the hall of fame, is honorary president of the Federated Women's Institutes of Ontario; she was director of the Home Economics branch of the Ontario Government from 1956-70, and previously chief of Consumer Education, Canada Department of Fisheries. She established nutrition, home management and leadership training courses which touched the lives of thousands of women across Canada.

On December 18, 1978 the **Toronto Home Economics Association** celebrated its **40th birthday** at the Inn on the Park. Past and present members numbering 250 were entertained by a cast of talented THEA members. It was a fun evening of skits, songs and vignettes that also included a bit of serious commentary about the Toronto Home Economics Association. One highlight of the evening was the granting of Honorary Life Memberships to Marjorie Elwood, Dorothy Batcheller MacKinnon and Dorothy Tyers. All joined THEA in 1938 and have contributed a great deal to the Association and to the profession over the years. In addition, Marjorie Flint, a founding member of THEA (and chairman of the evening's 'skit committee') was given a gold charm to commemorate the occasion.

The Saskatchewan Dietetic Association, the Saskatchewan Home Economics Association and the Saskatchewan Home Economics Teachers' Association are jointly sponsoring **Nutrition Week February 5-10** as a means of encouraging better food habits. In recognition of the Year of the Child, they have chosen to focus on the six to twelve year old child. Their goals are: to create in six to twelve year old children, an awareness of healthy eating habits through a breakfast program; and to increase parents' understanding of their children's nutritional needs.

Carol Ferguson, a CHEA member and the Ontario Milk Marketing Board were the 1978 recipients of the Toronto Nutrition Committee's Elizabeth Chant Robertson Award for outstanding contribution to Nutrition Education in the Metro Toronto Area. Both an individual and an agency are recognized by this award.

The PEI Home Economics Association and the PEI Dietetic Association are combining in planning for an **April 27 workshop focusing on nutrition** and The International Year of the Child. Keynote speakers will be Dr. Liefield, University of Guelph, on marketing nutrition and Mary T. Goodwin, public health nutritionist and co-author of *Creative Food Experiences for Children,* and *Food: Where Nutrition, Politics and Culture Meet.*

At the annual meeting of the Prince Edward Island Home Economics Association an **Award of Distinction was presented to Doris Anderson,** a member of the Association for 30 years, for her contribution to the field of nutrition, education, and research in Prince Edward Island. A 1944 graduate of Acadia University, Doris's career has focused on education. She was the first Supervisor of Home Economics of the PEI Department of Education in 1948, a position she retained until 1966. In 1949, Doris established the first university course in home economics at Prince of Wales College and continued the program until the University of PEI was formed in 1969. She then became Professor and Chairman of the Home Economics Department. During these years, Doris also obtained her Master's degree in nutrition from Cornell, with her thesis on the history of celiac disease.

Doris has been an active member of provincial and national home economics and dietetic associations, as well as a member of the University Women's Club, the PEI Mental Health Advisory Committee and a Trustee of the Elizabeth Cousins Large Memorial Trust Fund.

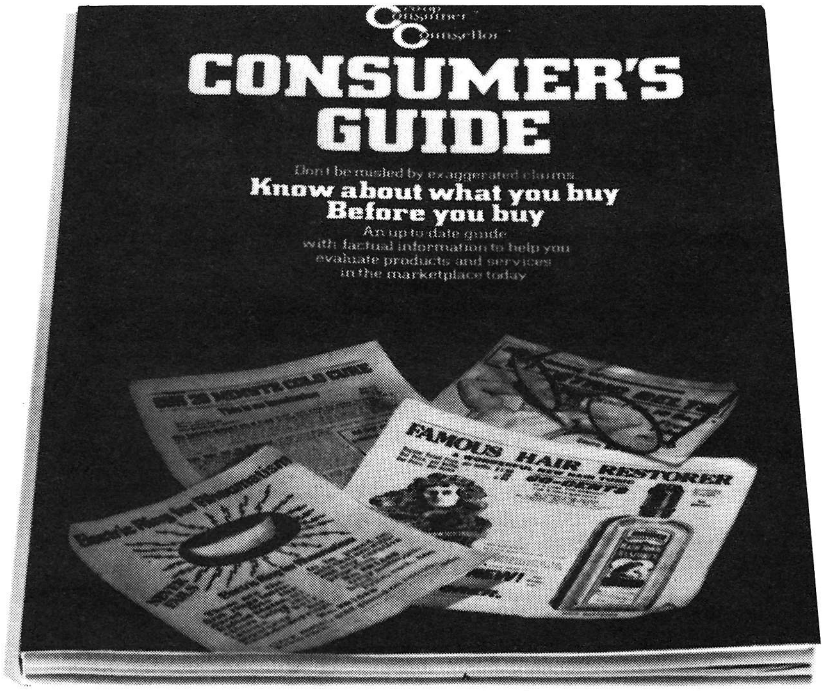
Josephine Martin, once a member of CHEA, died January 17th, 1978 at the age of 80. Born at Kerrwood, Ontario, Mrs. Martin took her home economics training at Macdonald Institute, Guelph, Ontario, followed by dietetic interneship at Toronto General Hospital. She served first as Dietitian at Queen Alexandra Hospital, London and later taught home economics at elementary and high schools in Montreal. Later, she was supervisor of home economics with the Protestant School Board in Greater Montreal.

Over 200 attended the Manitoba Home Economics Association biennial **New Products evening** in January. This popular event focused on 25 displays of new food products, large and small appliances, textile and sewing items, insulation and general household products of interest to home economists.

"Eating to Win" and "The Woman Doctor's Diet for Women" were the titles of two series published in the *Winnipeg Free Press* last fall. Both series were full of many false recommendations, some of which were definite health hazards. The Public Policy Committee of the Manitoba Home Economics Association approached the newspaper with their concerns about the articles and as a result, the *Free Press* will be offering a nutrition course through the paper in co-operation with the Continuing Education Department of the University of Manitoba.

The **Nutrition Committee of Action Nanaimo** welcomed the opportunity to run the concession stands at a zone track meet. It gave them an opportunity to make some money but more importantly to prove their theory that young people, when given a chance, will buy and enjoy nutritious food rather than junk food. They offered a variety of nutritious food using catchy names such as champion cheese, mighty milk, power pack eggs (hard cooked) and wonder dog. Their food sold well and everyone felt great. A good idea to try.

Introducing...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TOWARD 1984

CHEA CONFERENCE '79

July 3 - 6, 1979

St. John's, Newfoundland

Mary G. Alton Mackey, Program Chairman

The conference committee has an exciting agenda in store for you. There will be **two preconference workshops** to enrich your stay in Newfoundland. One will be featuring an in-depth look at **historic architecture** and architectural restoration. What better location to study such a fascinating subject than the oldest city in North America? We will be looking at historic buildings of both the large public type and private dwelling places. Participants will have a chance to see some unrestored buildings, some in the process of rejuvenation and some which have been completely restored to their former beauty. We will be treated to illustrated presentations by the St. John's Heritage Foundation and the Newfoundland Historic Trust on how beautiful old structures can receive a new lease on life, thereby offering much more than the present "ticky-tacky" boxes so common in the modern urban sprawl. The economic sense of restoration as well as the techniques of making old designs practical for modern living will be featured.

A second one-day workshop will be available to conference delegates and will be devoted to **crafts** — techniques and marketing systems, This session will be held in a picturesque outport a few miles from the capital city. Participants will have a pleasant drive out, then take part in discussions about effective marketing systems for craft products. There will be several resource people present who are very well versed in the different aspects of craft marketing. Lunch will be served after which the history of some traditional Newfoundland crafts will be outlined. In some cases demonstrations will be available and some items will be offered for sale. The day will conclude with the drive back to the city.

At the conference itself, the **keynote speakers** will be Dr.'s Margaret and Arthur Wynn, researchers in the prevention of handicap. They will provide a stimulating setting for discussions related to the child and the family in celebration of the Year of the Child. The Wynn's work is recognized world wide. Agnes Higgins, Executive Director of the Montreal Diet Dispensary will share her pioneering work in nutrition and pregnancy outcome with us. Sue Ross of Best Babies Possible (Vancouver) and Betty Newson, Director of Nutrition Services, Department of Social Services, P.E.I. will tell us of models adapted from the "Higgins Method of Nutrition Counselling during Pregnancy". Other topics related to our theme will be covered in sessions on "Mother-Infant Bonding" with Dr. J. Strawbridge of Memorial University, "Early Family Experiences and the Rights of Children" with Frankie O'Flaherty of the Janeway Children's Hospital, and the "Role of the Family in the Child's Development" with Melba Rabinowitz, Early Childhood Development Specialist with Memorial University. Ms. Judy Adler, a sociologist, will be presenting "Studies on the Changing Family" and Ms. Hope Toumishey, Co-ordinator of Outpost Nurses Training, MUN will discuss medical and sociological concerns related to the pregnant teenager. A session will be devoted to "Infant Feeding Practices and Health Consequences" lead by Dr. Robin Orr to help round out the child and family aspects of the program.

A full day will be devoted to the "Winds of Change", a very special **seminar** prepared by the Provincial and Federal Departments of Fisheries, the fishing industry, and our College of Fisheries to aquaint you with exciting happenings in Canada's fishing industry. The seminar is being co-ordinated by the Canadian Institute of Food Science and Technology (Newfoundland) and will recognize the tremendous growth of all aspects of the fishing industry and its importance to Newfoundland and the Maritimes. You will be introduced to many underutilized marine species and will enjoy an outstanding seafood luncheon.

Variety will be added to our program with a thought-provoking presentation on housing design for the 1980's. The speaker will be Mr. Beeton Sheppard, a young architect who is quickly making a name for himself with ingenious solutions to family housing problems. He will discuss housing design which is small, efficient, conserving of energy, and can be expanded as the family grows. Consideration will be given to outdoor play spaces, fabric and design.

We are looking forward to a full compliment of stimulating **research reports**, and on the lighter side, a banquet sponsored by the Provincial Government, a lobster boil, a pub lunch near the exhibit hall, a Newfoundland Breakfast (including Screech) followed by a swim in our beautiful aquarena, and a 40th anniversary luncheon.

During free time conference delegates will have a choice of many **tours** around St. John's. These include walking tours of the historic old city, motor trips around the marine drive and the southern shore of the Avalon Penninsula or Conception Bay. There are two major sea bird sanctuaries and a unique wildlife park within easy driving distance of the city as well as several lovely parks close by. After the conference, a **special trip** to the French Islands of St. Pierre and Miquelon will be in great demand. The drive to Fortune (famed in story and song), then journey by sea to the Islands is an exciting trip. You will have 48 hours in the French colony seeing the sights and shopping in quaint little stores. This allows time for you to take full advantage of the customs rates. You will be able to bring back among other things, wines and perfumes at a fraction of their cost elsewhere in Canada.

We hope to see all of you in July and we urge you to bring your families if you wish. We'll supply information on parks, campgrounds and tours on request. Tell your friends about the conference, and plan to book early so you can take advantage of the charter rates on the airlines if you plan to travel by plane. **See you in July!**

The Canadian Home Economics Journal

THEMES FOR 1980

The Conserver Society with Focus on: the home and the near environment in the areas of food, housing, management, energy

Deadlines

	Editing	Publishing
Winter- FOOD	November 1, 1980	January 1, 1980
Spring- HOUSING	February 1, 1980	April 1, 1980
Summer- MANAGEMENT	May 1, 1980	July 1, 1980
Fall- ENERGY	August 1, 1980	October 1, 190

Call For Papers

The Canadian Home Economics Journal Committee invites papers for the 1980 issues. General articles and research articles on the designated themes or on any other area related to home economics are acceptable. The guide to authors, published in the present Journal, describes the procedures to be followed when submitting articles for the forthcoming issues.

HOME ECONOMICS GRADUATES:

HELEN M. McKERCHER SCHOLARSHIP

A $1,000.00 scholarship established by the FEDERATED WOMEN'S INSTITUTES OF ONTARIO in recognition of Helen McKercher's outstanding contribution to extension education.

Eligibility: Home Economics Graduate of a recognized Canadian University; Canadian citizen; Ontario resident for at least five years; pursuing graduate studies in Extension Education related to Home Economics.

Applications: may be obtained from the Federated Women's Institutes of Ontario, Fifth Floor, 1200 Bay Street, Toronto, Ontario M5R 2A6.

Universities' Spring and Summer Sessions — 1979

University	Course No.	Course Description	Credit	Dates	Instructor(s)
Alberta	CLTX/417a	Fashion Illustration	Half term	May 7 - 25	C. Reed
	FAM 445	Practicum in Family Services	Half term	May 7 - 25	T.B.A.
	FAM 450	Family Finance	Half term	May 7 - 25	J. Marshall
	FDNU 325	Introductory Nutrition I	Half term	May 7 - 25	D. Smith
	Fam 448	Understanding Family Communication	Full term	May 7 - June 15	J. Montgomery
	Fam 543	Seminar in Family Life Education	Full term	May 7 - June 15	D. Kieren
	CLTX 417b	Fashion Study Tour	Half term	May 28 - June 15	A. Roberts/G. Bachynski
	FAM 350	The Family in Transition	Half term	May 28 - June 15	N. Keating
	FDNU 327	Introductory Nutrition II	Half term	May 28 - June 15	D. Smith
	FAM 460	Family & Consumer Law	Half term	July 3 - 23	S. Khertarpal
	FAM 346	Courtship & Marriage	Half term	July 3 - 23	T.B.A.
	FAM 340	Management of Family Resources	Half term	July 3 - 23	A. Westervelt
Sask.	HE HD 354B	Housing and the Environment	½ class	July 24 - Aug. 11	Doris Hasell
	HE CT 425A	Pattern & Dress Design	½ class	July 1 - 24	Carol Wakabayashi
Manitoba	30.320	Crises & Controversies in Nutrition	3 credit hours	May 2 - June 14 (evg.)	Ms. Helen Hale
	64.218	Fashion Design & Illustration	3 credit hours	July 4 - 24	Ms. Janett Rice
	64.334	History of Canadian Dress	3 credit hours	June 18 - July 26 (evg.)	Prof. M. Tyrchniewicz
Toronto (Faculty of Education)	H.E. Part I	Meeting needs of young adolescent in Family Studies	3 credit hours	July 3 - Aug. 10	Home Economics Education Staff
	H.E. Part II	Meeting needs of older adolescent in Family Studies	3 credit hours	July 3 - Aug. 10	Home Economics Education Staff
	H.E. Honour Specialist	Study of leadership & competency development	3 credit hours	July 3 - Aug. 10	Home Economics Education Staff
Above three courses for teacher certification purposes in Ontario.					
Ryerson	FNT 608	Foods & Nutrition: Nutrition in Canadian Society	3 credit hours	July 4 - 21	J. Welsh
	FST 601	Family Studies: Family Law	3 credit hours	July 4 - 21	E. Stewart F. Rotter M. Koenigsberg
	FST 701	Family Studies: Human Sexuality	3 credit hours	July 24 - Aug. 11	R. Langford M. Powell
	CST 402	Consumer Studies: Family Economics	3 credit hours	July 24 - Aug. 11	T. Hira

The Foods and Nutrition Department of the Faculty of Home Economics and the Extension Department of the University of Manitoba are jointly sponsoring a **Microwave Workshop** May 3 - 5, 1979, in Winnipeg. Leaders will be Dr. Marion Vaisy Genser and Dr. Ruth Diamont. This *hands-on* workshop will be of special interest to professionals such as educators, dietitians and foods and nutrition specialists since it will focus on mechanical principles, standards and safety, technical exercises, discussions of particular problems, use and marketing patterns.

For more information (and/or to have your name added to their mailing list) write: International Microwave Power Institute, Box 634, Sub 11, University of Alberta/H3J, Edmonton, T6G 2E0.

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CANADIAN HOME ECONOMICS ASSOCIATION

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II EDUCATION

University, College or School Attended Include Name and Address of Director of Home Economics	Duration of Study	Major	Degree or Diploma received	Date

III HAVE YOU HELD PREVIOUS MEMBERSHIP IN C.H.E.A.? Yes ☐ No ☐

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CONDITIONS OF MEMBERSHIP

Membership Classes

There are five classes of membership: active including life, associate, student, reserve and honorary.

Active Members

1. Active membership shall be limited to individuals with the following qualifications whose application is approved by the Board of Directors:
    a. a degree in Home Economics from a recognized university, or
    b. a degree in a related field from a recognized university who by interest and activity serves the goals of the Association or,
    c. was a member in good standing of the unincorporated body known as the Canadian Home Economics Association at the time of the incorporation of the Association and who maintains continuous membership in good standing of this Association.
    d. The Board of Directors may grant active membership to one who, after five years of associate membership in the Association, is deemed to have made an active contribution to the Association or the profession.
2. An individual who has had continuous active membership for at least ten years immediately prior to applying for life membership may become a life member subject to the approval of the Board of Directors.
3. An active member, in recognition of outstanding contribution to the Association over a period of years, may be awarded a special honorary life membership, subject to the approval of the Board of Directors.

Associate Members

Associate membership shall be limited to individuals with the following qualifications whose application is approved by the Board of Directors:

A secondary school certificate and:
a. a Home Economics diploma granted by a recognized college or School of Technology after two years of successful study, or
b. a provincial Home Economics teacher's certificate, or
c. a provincial teacher's certificate with additional training in Home Economics equivalent to at least one year of successful study.

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Student membership shall be granted to a person enrolled in a *full-time* undergraduate program at any Canadian university, faculty, college, school or department which is eligible to send voting delegates to the A.C.H.E.S. convention.

Reserve Members

Reserve membership may be granted on application to the Board of Directors to those who qualify as active or associate members, and who are now:
a. graduate students enrolled in full-time post graduate study in home economics or a related field for a minimum of six months of the membership year May 1 - April 30.
b. home economists employed on an average of less than 10 hours per week.
c. retired.

Honorary Members:

Honorary membership is granted by unanimous vote of the Board of Directors to a non-member who has rendered exceptional service to the field of home economics.

FEES —	Active and Associate members (annual)	$ 50.00
	Life Membership	750.00
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	Reserve members (annual)	25.00

Membership includes $12.00 subscription to the Canadian Home Economics Journal published July, October, January and April.

Membership year ends April 30.

MOVING? NAME CHANGE?

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Universities Enrolment Statistics

1978-79

University	Title of Home Economics Department	Bachelor's Degree	No. of years required for a degree	Number of students enrolled in Home Economics Program — full time						Full time Home Economics Students (undergrads)	Part time Students	Other	No. enrolled
				1st yr.	2nd yr.	3rd yr.	4th yr.	Mas-ters	Doc-tor				
British Columbia	School of Economics	B.H.E. B.Ed.	4 5	59 5	72 12	96 22	73 27 (5th 67)	14	1	300 133	Several	Special Courses (non Home Ec. Students)	50-60
Alberta	School of Home Economics	B.Sc.H.E.	4	103	90	76	87	46		402	45		
	Department of Secondary Education	B.Ed.	4	17	21	32	48	3		118		B.Ed/AD	9
Saskatchewan	College of Home Economics	B.S.H.Ec.	4	48	35	57	32			174	9	Grads	7
Manitoba	Faculty of Home Economics	B.H.Ec.	4	116	79	71	64			330	53	Corres-pondence	1
Ottawa	Dept. of Dietetics	B.Sc. (Diet) B.A.	4 3	— —	— —	— 4	16 4			16 4			
*Guelph	College of Family and Consumer Studies	B.A.Sc.		276	222	244	204	26	1	946	27		
Toronto	Faculty of Education (H.Ec.)	B.Ed. prereq. B.A. in H.Ec.	1							42			
Ryerson Polytechnical Institute	Department of Home Economics	B.A.A. in Home Ec.	4	116	107	85	100			408	26		
Brescia College Western Ontario	Department of Home Economics	B.Sc. H.E.	3	62	55	37	23			177			
MacDonald College McGill University	School of Food Science	B.Sc. (F.Sc.) B.Ed. (Home Ec.)	3 3	79 10	57 6	38 9		2		174 25			
Université de Montréal	Départment de nutrition	B.Sc. (nutrition)	3½ after CEGEF (2 yr. junior college program)	47	32	40	—	9		119		Maitrise en nutrition	13
Moncton	Ecole des Sciences Domestique	B.Sc.D.	4	15	24	15	23	4		77	20		
Mount St. Vincent	Department of Home Economics	B.Sc.HE. B.H.E.	4 3	26 43	13 27	8 10	25 34	2 full time 19 part time		72 114	 25		
University of New Brunswick	Department of Home Economics	B.Ed. (Home Ec.)	4	10	14	14	19	1		57	4		67
St. Francis Xavier	Department of Home Economics	B.Sc.HE.	4	19	29	19	15			82		St. F.X. Service Courses (non-Home Ec. students)	42
Université Laval	Department de Diététique	B. en Diététique (internship integrated)	3½	22	28	36		9		86			
		B.Sc.A consumatun	3	9	19	10				10			
		B.Ed. (Economie familiale)	3								11		
University Prince Edward Is.	Department of Home Economics	B.Sc.HE.	4	14	12	22	9			57			

*The students in the undergraduate programs at the University of Guelph are enrolled in four major areas of study — Family Studies, Consumer Studies, Applied Human Nutrition and Child Studies. Graduates will upon graduation identify with various professional organizations and fields of interest dependent upon not only their major area of interest but their career choice. Some of these graduates will identify with home economics and Canadian Home Economics Association.

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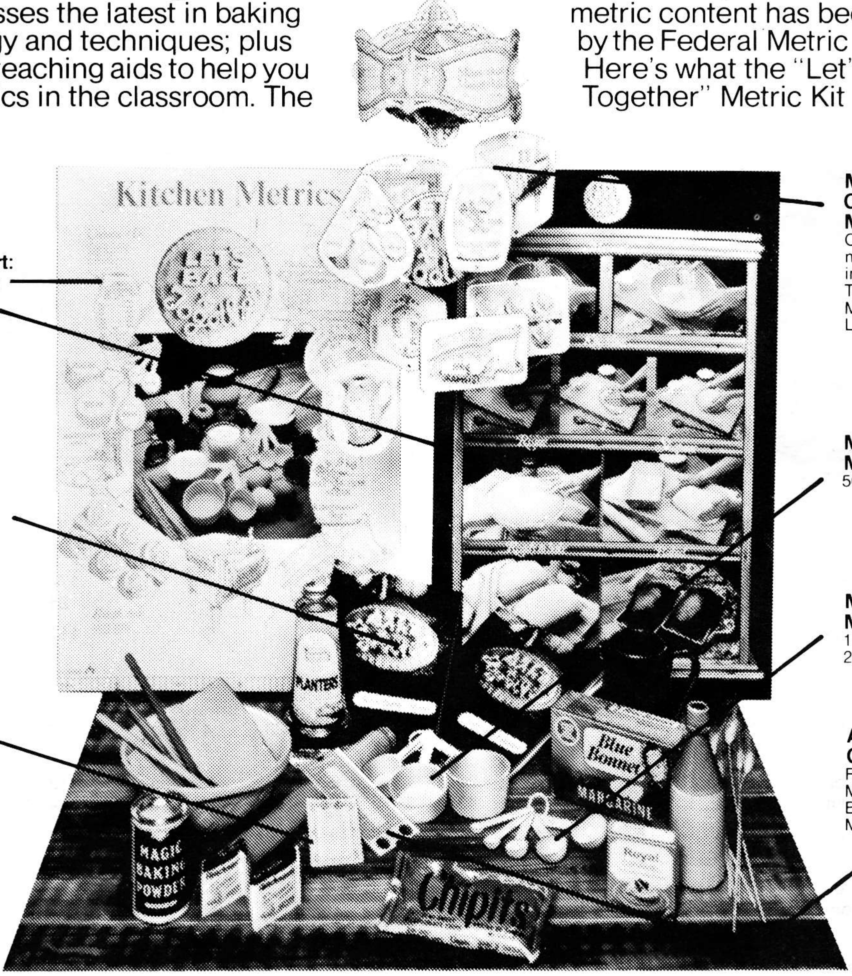

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The Child

Child Care

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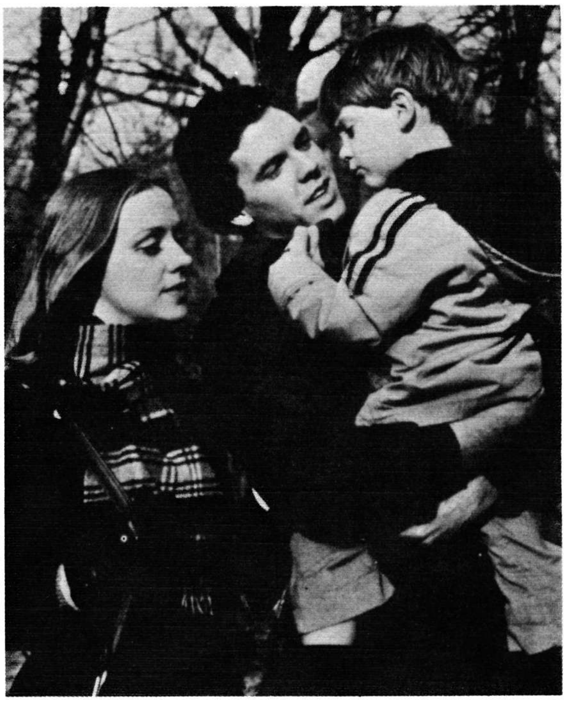

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Conception to 2 years. In this sensitive presentation, your students follow a couple through their decision to have a child, conception, the development of the fetus, and the first months of infancy. And they observe the growth patterns of children—from the relatively helpless but complex infant to the two-year-old toddler who is just beginning to explore the world.

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The Toddler

Age 2-3. At age two, a child crosses the threshold from infancy to childhood. Your students observe how the toddler works towards responsibility and self-reliance, establishing a unique identity. The importance of child's play is emphasized. It is serious business, involving the learning of coordination, balance, manual dexterity, and creativity. In addition, your students will better understand how language develops in children, and with it the child's thought processes.

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The Preschooler

Ages 3-5. This program shows how three to five-year olds begin to move away from the home and relate to others in a social environment. Your students watch children express themselves through fantasy play . . . interact with peers . . . learn rules . . . become leaders, followers, even "loners." They observe preschoolers' emotional problems; jealousy of a new brother or sister, romantic attachment to the parent of the opposite sex. And they learn about preschoolers' understanding of time, space, direction, size and shape.

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The School Age Child

Ages 5-10. The period from 5 to 10 is a time of leaving the nest. In this information-packed program, your students discover how five to ten-year-olds stop viewing the world solely from an egocentric viewpoint . . . how they begin to understand casual relationships and extend their experiences . . . how they achieve a balance between the need to cooperate and the need to compete . . . how they stand on the threshold of learning the patterns that lead to adult thought and action.

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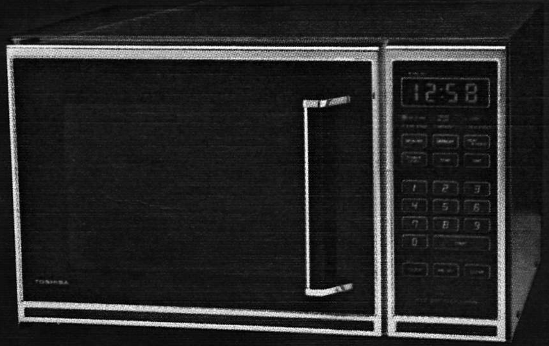

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